



Winter

2009/2010

TOWN OF VIENNA PARKS AND RECREATION

**120 CHERRY ST. SE
VIENNA, VA 22180**

PHONE: 703-255-6360 / FAX: 703-255-6399

WWW.VIENNAVA.GOV

INFORMATION

DIRECTOR

Cathy Salgado

703-255-6356

ADMINISTRATIVE ASSISTANTS

703-255-6360

Nancy Riddel, Monday and Tuesday

Libby Sanders, Wednesday, Thursday and Friday

COMMUNITY CENTER MANAGER

Leon Evans

703-255-6355

PARKS

Al Garlock, Park Superintendent

703-255-6335

John King, Parks Supervisor

703-255-6336

Mark Allen, Arborist/Horticulturist

703-255-6309

RECREATION

Amy-Jo Hendrix, Recreation Program Supervisor

703-255-6357

Brandy Wyatt, Teen Center, Teen Classes and

Teen Camp Coordinator

703-255-5721

Enrique Guzman, Sports, Fitness and Summer

Camp Coordinator

703-255-6352

Cheryl Harlan, Mature Adults Coordinator

703-255-7801

PHONE NUMBERS

Community Center Front Desk

703-255-6360

Fax

703-255-6399

Weather, Special Events and Sports Line

703-255-7842

Virginia Relay Center

800-828-1140

BUSINESS OFFICE HOURS

MONDAY - FRIDAY - 8:00 a.m. - 4:30 p.m.

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YOUTH TEAM SPORTS

VIENNA BABE RUTH LEAGUE – boys ages 13 – 18, call Clark Gray for information at 703-698-6808. Website:

www.leaguelineup.com/viennababeruth

VIENNA LITTLE LEAGUE – For children ages 5 – 12, Little League also sponsors T-ball program. For further information call VLL voice mail at 703-573-3339. E-Mail at cerv1939@aol.com

VIENNA GIRLS SOFTBALL LEAGUE – Softball program for girls ages 6 – 18, for more information call VGSL voice mail at 703-281-5216. Web address is www.vgsl.org

VIENNA YOUTH INC. – Programs in football, lacrosse, rugby, and wrestling for boys, and cheerleading for girls ages 7 – 16 and basketball and track for boys and girls ages 7 – 16. For more information, the following are phone numbers for the various sports, or access the website at www.vyi.org

Football – Dave Hall – 703-242-4354 – chall14@cox.net

Wrestling – John Cali – 703-698-1370 – jccali@cox.net

Basketball – Jay Brigham – 703-277-2802 – brighamj@verizon.net

Cheerleading – Rebecca Michalski – 703-281-4537 – vyicheer@cox.net

Lacrosse – David Paddock – 703-262-1035 – dpads@yahoo.com

Rugby – Barr Snyderwine – 301-765-2070 – snyderwine@aol.com

Volleyball – Bob Bell – 703-938-2208 – volleyball@vyi.org

VIENNA YOUTH SOCCER – For boys and girls ages 5 – 18, call VYS voice mail at 703-242-3828 for information.

Web address is www.vys.org

INFORMATION

ON-LINE REGISTRATION WEBTRAC

How does it work?

- If you have registered for a class or program from January 2003 to present, you have been assigned a user name and password.
- The user name is your household ID# and your password is your household ID#.
- If we have an up to date email address, your user name and password have been sent.
- For those who do not have email addresses, your user name and password has been mailed. If you have not received a letter or email you must fax, mail, or drop off a completed registration form.
- If you have questions about your user name or password please call the community center at 703-255-6360.
- Log onto our website www.viennava.gov and look for the **WebTrac** icon. Click on the icon.

WEBTRAC REGISTRATION INSTRUCTIONS

1. Welcome Page - Click "Continue to Log-In"
2. Enter your user name and your password (Household ID #) and click Sign-In. You will be instructed to change your password the first time you log on.
3. To register select the "Shop" option and then select "Activity Enrollment".
4. Enter the 6-digit activity number and the letter number section identifier of the desired activity/program.
5. Select the family member whom you wish to enroll from the "Family Member to Enroll" pull-down box.
6. Follow directions on the screen.
7. Review your billing information and click on the "GO" button to begin the payment authorization process.
8. Next, review the on-screen warning, click the Continue button. You **MUST WAIT** until your receipt appears before trying to navigate in your browser.
9. Click the "OK" button to view a copy of your receipt.
10. Your receipt should appear in your browser and you can print and/or save your receipts for your records.
11. Once you have closed your receipt your transaction is complete and you can select from 3 options: "back to home page", "more shopping" or "finished"
12. If you experience difficulties, please call our main number at 703-255-6360.

IMPORTANT TID BITS

You will be logged off the system after 5 minutes of inactivity. You must close your receipt for your transaction to be completed.

HISTORIC VIENNA, INC.

HISTORIC VIENNA, INC. is in need of volunteers to help staff and coordinate both old and new programs. Areas of need are: Tour Guides and Store Docents. Hours and times may vary. We will train. Call 703-938-5187.

FREEMAN HOUSE AND STORE

Located at 131 Church St. NE, the Freeman House and Store is jointly owned and operated by the Town of Vienna and Historic Vienna, Inc. Tours may be scheduled by calling 703-938-5187.

Store Hours:

Wednesday through Saturday

Noon - 4:00 p.m.

Sunday

1:00 p.m. - 5:00 p.m.

The Store is closed during the month of January.

LITTLE LIBRARY

The Little Library is now open the first Sunday of each month (except January) from 1:00 p.m. to 4:00 p.m.

AMERICANS WITH DISABILITIES ACT

The Vienna Parks and Recreation Brochure will be made available in large print or on Audio Cassette upon request. Call 703-255-6360
TTY 703-255-5739 / Virginia Relay Center 1-800-828-1140.

The Town of Vienna does not discriminate on the basis of disability in the administration or access to or treatment or employment in its programs or activities. The Director of Public Works at 127 Center St. S, Vienna, VA 22180 has been designated to coordinate ADA compliance.

This location is fully accessible to persons with disabilities. Translation needs to be requested in writing at least seven working days before the day of the event.

VIENNA AT YOUR SERVICE

Join the Mayor for a series on "Your Town". This series of free public meetings are for citizens who wish to learn more about the operations of each of the Town's departments.

PLEASE SEE PAGE 20 FOR MORE DETAILS

**AS OF NOVEMBER 2 THERE WILL BE NO
CONVENIENCE FEE CHARGES ASSESSED TO
CREDIT CARD PURCHASES.**

INFORMATION

REGISTRATION DATES AND TIMES

- In Town (walk-in / mail-in / webtrac / fax) - November 2 - 8:00 a.m.
- Out of Town Registration **WebTrac**, fax, mail-in, walk-in begins November 9 at 8:00 a.m.

Registration can be dropped off in the main lobby of the Community Center

Monday - Friday - 8:00 a.m. - 10:00 p.m.

Saturday 9:00 a.m. - 6:00 p.m.

Sunday 12:00 p.m. - 7:00 p.m.

Due to the large number of registrations, webtrac and the number of people entering registrations, mail in, drop off and faxes are randomly entered.

REGISTRATION FORM

- Please use a separate registration form for each distinct household. Example: do not sign up your neighbor or family member residing at a different address on your form.
- Please include complete address, phone numbers and email information.
- Include activity number, section, name and birthdate.

FEES

- Full payment must be included with your registration form.
- Sending the incorrect fee will delay your registration
- **Forms of payment** are CREDIT CARD (American Express, Discover, Master Card or Visa), CHECK (made payable to the Town of Vienna) or CASH (exact change only).
- **R** next to the fee indicates individuals that reside within the corporate limits of Vienna.
- **RS R** next to the fee indicates seniors 65 and over that reside within the corporate limits of Vienna.
- **NR** next to the fee indicates individuals that reside outside the corporate limits of the Town of Vienna.
- When registering for more than one class please submit a separate check or money order for each class. If a class is full this will eliminate holding up your registration for the other classes. A \$25 fee is charged for returned checks.

TOWN OF VIENNA CITIZENS 65 AND OVER

Individuals over the age of 65 residing within the corporate limits of the Town of Vienna may register free of charge for all classes except those marked with an **s/c**. **RSR** next to the fee indicates resident 65 and older residing within the Town of Vienna pay 1/2 the class fee. However, a materials fee will be charged when applicable.

AGE REQUIREMENT

Participants must meet the age requirements by the start of the program.

CANCELLATIONS

We reserve the right to cancel a class, program or special event due to insufficient enrollment. All programs require a minimum number of participants. Programs are normally cancelled one week before each session begins. A full refund will be given. PLEASE REGISTER EARLY!

REFUNDS AND CREDITS

Refunds - To obtain a full refund or credit a request must be submitted 14 calendar days prior to the start of the program. Refunds take up to 4 weeks to be processed.

A refund requested less than 14 calendar days prior to the start of the program will incur a 50% penalty (\$50 max) per program.

Credits - There is no fee for a household credit submitted 14 calendar days prior to the start of the program. A household credit requested less than 14 calendar days prior to the start of the program will incur a 10% penalty per program. Credits are good for one year.

No refunds or credits will be given after the first class without a doctor's note. No refunds will be given for materials fee or Pottery Lab.

Trips - No Refunds or credits will be issued within 30 days of the trip. Please note some trips require a deposit, deposits are non refundable.

PRORATED CLASSES

We will prorate classes for students registering late for a class, however, we cannot prorate the class fee for students who will miss classes in the middle of the session.

CLASS LOCATIONS

Please note that pottery classes are held at the Bowman Arts and Crafts Center, 211 Center St. S. All other classes are held at the Community Center unless otherwise noted. Locations are fully accessible to persons with disabilities. Request from persons with disabilities are to be requested in writing at least seven (7) working days before the day of the event. Call 703-255-6360.

HOLIDAYS, TEACHER WORKDAYS AND SNOW POLICY

- If there is no school because of a holiday all classes are canceled.
- Classes will meet when school is closed for teacher workdays.
- **Snow Policy** - We will follow Fairfax County Schools with regard to snow. If school starts late, morning classes are cancelled through 12:00 p.m. If school closes early, afternoon and evening classes are cancelled from 12:00 p.m. on. If classes are canceled due to snow for the day all our classes are canceled. Canceled classes due to snow will be made up.

CONFIRMATION POLICY

Please note the date and time of your class. If registering by Webtrac a confirmation can be printed from the screen. For In person, drop off, mail-in and faxes a confirmation will be mailed to you within one week. We may also need to notify you if your class is cancelled or changed, therefore we must have a day time telephone number and e-mail address.

GENERAL POLICY

- Please arrive on time for classes. We cannot hold up a classroom of students for those that are late.
- TO ENSURE THE SAFETY OF YOUR CHILD PLEASE ACCOMPANY YOUR CHILDREN TO AND FROM THE CLASSROOM.
- Please pick up your children promptly at the end of class. Before and after class supervision is not available. We may find it necessary to charge an additional fee of \$10 to parents who are late in picking up their children. After two late pick ups children will be unable to attend future classes and parents will not receive a refund.
- We will reschedule all classes we cancel, however, we cannot reschedule classes for students who miss classes.

BEHAVIOR POLICY

- Parks and Recreation classes are to be enjoyed by all from youth through adults. Participants that continually disrupt the class experience for other class members will be asked to withdraw from the class. You will receive a refund for the balance of the class, however materials fees or pottery lab fees will not be refunded.

WEBTRAC

- **WEBTRAC WILL ALLOW YOU TO REGISTER ON-LINE.**
- **WebTrac** can be found on the internet by going to www.viennava.gov and clicking on the **WebTrac** icon.
- Some trips, programs and events may require you to come to the Community Center or to fax or mail-in registration.
- Full payment is required at the time of registration and you must use a credit card (American Express, Discover, Master Card or Visa). After you have selected the classes for which you want to participate you will be taken to the payment screen. Simply follow the directions.
- **WebTrac** is secured by Verisign-Thwart and your credit card information is not viewable by any outside parties.

SPECIAL EVENTS



SANTA VISITS FREEMAN HOUSE

131 Church St. NE
Vienna, VA 22180

Sunday - *December 6*
2:00 p.m. - 4:00 p.m.

Saturday - *December 12*
1:00 p.m. - 3:00 p.m.



FAMILY SKATE NIGHTS

Ages: Entire Family

Families can enjoy Friday evening skating in the Community Center Gymnasium. The cost is \$1.00/person. Participants are required to bring their own skates and safety equipment. Please, NO SCOOTERS roller skaters and in-line skaters only. Children without skates must remain off the floor for safety reasons.

Parents are required to stay and welcome to participate.

Safety equipment is strongly recommended!

January 15 – March 26

(No Skating January 22 and February 26)

Fridays from 6:30 p.m. – 8:00 p.m.

Fee: \$1 / person



LUNCH WITH SANTA



Santa will visit the Vienna Community Center to hear all your holiday wishes on Saturday December 12 from 11:30 a.m.- 12:45 p.m. Santa's elves get lots of help from the Vienna Fire Department Ladies Auxiliary in preparing lunch, hot dogs, chips, juice and cookies. Turley the Magician will provide entertainment after lunch.

December 12

11:30 a.m. - 12:45 p.m.

Cost: \$5.00 per person (under 1 free)

A maximum of 6 tickets can be purchased per family

At least one parent must accompany children and a ticket must be purchased for each parent and child.

Tickets go on sale for In Town residents on Saturday, November 7th from 8:30am-9:30am, and Out of Town residents can purchase any remaining tickets beginning November 9th.

**AT THE TIME YOU PURCHASE YOUR TICKETS
PLEASE BRING IN A NEW, UNWRAPPED TOY FOR
THE VIENNA POLICE DEPARTMENT'S SANTA RIDE.**

SANTA GRAM

The elves will be busy this year delivering mail for Santa to read and reply.

Mail your wishes to Santa by December 1 and the elves promise Santa will reply:

Santa
c/o The Vienna Community Center
120 Cherry St. SE
Vienna, VA 22180

MOMS AND DADS

All mail will be received from the North Pole and will be mailed to your child. **PLEASE MAKE SURE TO FILL OUT YOUR COMPLETE ADDRESS WITH ZIP CODE!**

Moms and Dads also please make sure your child's full name is printed clearly somewhere on their letter.



SPECIAL EVENTS



POTTERY SHOW AND SALE

Bowman House Arts and
Crafts Center

211 Center St. S.

November 14th -10:30 a.m. - 3:30 p.m.

47th ANNUAL HARVEST BAZAAR FALL FESTIVAL AND CRAFT SHOW

Sponsored by the VIENNA WOMEN'S CLUB
with assistance from the Town of Vienna

Saturday, November 14th

9:30 a.m. to 4:00 p.m.

Over 75 Crafters and Vendors

Member's Bake Sale

Breakfast and Lunch Items for Sale

Children's Activities

*Proceeds to provide scholarships to students of
Vienna area schools*

ANNUAL CHURCH STREET HOLIDAY STROLL

November 30, 2009

Santa will arrive to greet children at the Historic Freeman Store. Various local musical groups will perform throughout the evening. Mayor Jane Seeman will light the Holiday Tree. Church Street will be closed to traffic during the event. All merchants along Church Street will remain open for holiday shoppers. For more information, please call Historic Vienna at 703-938-5187.

MATURE ADULT POT LUCK THANKSGIVING BRUNCH

Join our writing group, as we open this annual event to others who would enjoy having lunch, laughter and music with a group of friendly folks. There is no fee to attend this luncheon, however you are asked to bring a dish that serves about 8. We will have a maximum of 50 festive folks at this gathering, but you need to share your dish with only a minimum of 8. If you would like to feed more, feel free to bring along larger servings. Each year we also have a festive sing-a-long for all attending. Folks who would like to mention something for which they are grateful are asked to bring along a gratitude to share with others. **There is no fee, but you are asked to bring a lunch contribution to share with others. ADVANCED REGISTRATION IS NECESSARY.**

November 19

241240 C1 -TH - 10:30 a.m. - 12:30 p.m

No Fee - Bring something delicious to share with others.

OPEN MIC NIGHT

SATURDAY

NOVEMBER 21 AND DECEMBER 19

Vienna Community Center

7:00 p.m. - 9:30 p.m.

Do you sing? Play an Instrument? Recite Poetry?

If so please join us for a night of entertainment.

Open to all ages and all levels of talent.

No cover charge, light refreshments will be served.

Pre-registration for performers.

Call Jim Dowell at

703-286-3427 (day) or 703-207-0030 (evening)

VIENNA AT YOUR SERVICE

Join the Mayor for a series on "Your Town". This series of free public meetings are for citizens who wish to learn more about the operations of each of the Town's departments. Please register for each session you would like to attend. Meetings are as follows:

Vienna Presbyterian Chapel - Church and Mill Street

November 17

243379 B1 - T - 7:30 p.m. - 9:00 p.m.

History of Vienna's Development and Parks

Vienna Town Hall - 127 Center St. S

January 12

243379 C1 - T - 7:30 p.m. - 9:00 p.m.

Vienna's Original Little Library - Mill St. N

March 9

243379 D1 - T - 7:30 p.m. - 9:00 p.m.

Black History and Historic Cemeteries

Vienna Town Hall - 127 Center St. S

May 11

243379 E1 - T - 7:30 p.m. - 9:00 p.m.

MARK YOUR CALENDARS!

10TH ANNUAL WRITING YOUR PERSONAL HISTORY SYMPOSIUM

THURSDAY, MAY 6, 2010 - 10:00 a.m. -2:00 p.m.

**REGISTRATION WILL BEGIN FEBRUARY 1ST FOR
IN-TOWN OF VIENNA RESIDENTS AND ON FEBRUARY
8TH FOR OUT-OF-TOWNERS.**

SPECIAL EVENTS

FREE CONCERT
At the Vienna Community Center

SATURDAY - FEBRUARY 20 - 1:00 P.M.

ANNAPOLIS BLUEGRASS



Vienna Theatre Company
presents



COLDER THAN HERE

Drama

By Laura Wade

**Produced through special arrangements with
Dramatists Play Service, Inc. New York, NY
THE STORY**

"Nobody can ignore the fact that Myra is dying, but in the meantime life goes on. There are boilers to be fixed, cats to be fed and the perfect funeral to be planned. As a mother researches burial spots and biodegradable coffins, her family is forced to communicate with her, and with each other, as they face up to an unpredictable future."

Show Dates

January 22, 23, 29, 30, February 5 and 6 - 8:00 pm
January 31 - 2:00 p.m.

Tickets

\$10 / \$9 (Student and
Senior Citizens 65 and older
**TICKETS GO ON SALE
DECEMBER 8**

ANTIQUES SHOW AND SALE

Enjoy browsing through one of the finest Antique Shows in the area. Dealers from all over will show and sell a variety of furniture and collectibles.

Friday - February 26 - 11:00 a.m. - 6:00 p.m.
Saturday - February 27 - 10:00 a.m. - 6:00 p.m.
Sunday - February 28 - Noon - 5:00 p.m.
Admission: \$4.50

PHOTO CONTEST AND EXHIBIT

Open to Metropolitan Area Amateur Photographers.

Entries Accepted:

March 18 - Thursday - 5:00 p.m. - 9:00 p.m.
March 19 - Friday - 12:00 Noon - 3:45 p.m.

Exhibit Dates:

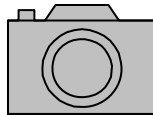
March 20 - Saturday - 10:00 a.m. - 3:00 p.m.
March 21 - Sunday - 12:00 noon - 3:30 p.m.

Entry Fee:

\$10 per person limit four photos with a maximum of two in any one category.

Applications will be mailed out on February 1, 2010. Local professional photographers judge the show. Ribbons will be awarded in eight categories animals, architecture, digital, nature, pictorial, photojournalism, portraiture, scenic. There will be a separate Middle School and High School Section for students.

Assisted by the Vienna Photographic Society



AUDITIONS FOR *COLDER THAN HERE*

Auditions will be held November 9 and 10 beginning at 7:30 p.m.

Available roles:

Myra - Female, age 56, practical, responsible, resourceful, good sense of humor, used to begin in control, now suffering from bone cancer.

Jenna - Female, age 27, young self absorbed, a drama queen with a history of eating disorders, but a bright, strong, and caring human being when the need arises.

Harriet - Female, age 29, smart, practical, a bit snooty, appears to have it all together.

Alec - male, age 57, typically British, stiff upper lip type, very dry sense of humor.

Actors please note: Ages listed are those provided by author. They are not determinative, but are provided to assist you in choosing role(s) for which to audition.

TRIPS



PHILADELPHIA FLOWER SHOW s/c

Wednesday March 3rd

Come see and smell the largest floral show in the world. This year's theme is "Passport to the World." "Passport to the World" will take visitors on an exotic journey to dozens of destinations around the globe.

Visitors will be treated to international dance, musical performances, and a World Bazaar of exotic and decorative shops, as well as an International Wine and Spirits Garden in the Show's Grand Hall. There will be a large array of activities to enjoy such as horticultural, artistic, and culinary lectures, demonstrations, and presentations. There will be opportunities to shop the marketplace and enjoy tastes from the Convention Center Food Court. Fee includes transportation and admission to show with all-day re-entry privileges. Bus will depart Community Center at 8:00 a.m. and return around 7:00 p.m.

351560 A1 – W

Fee: R \$68 / NR \$85

THE MUSICAL YOUNG FRANKENSTEIN AT THE KENNEDY CENTER

Age 16 and up

January 9th

Looking for a gift idea and can't decide what to get? Join us for a 1:30 p.m. showing at the Kennedy Center. The classic Mel Brooks movie *Young Frankenstein* is ALIVE in a spectacular new musical production direct from Broadway. The Tony-winning trio behind *The Producers* teams up for this wickedly inspired re-imagining of the Frankenstein legend. A charter bus will depart the Vienna Community Center at 12:00 p.m. and return around 5:00 p.m. Fee will include transportation and one ticket to the show. We will be sitting on the first tier in rows E, F, and G. Register early spots are limited!

351181 A1 –S – 12:00 pm – 5:00 pm

Fee: R \$92 / NR \$115

MATURE ADULT

Mature adult trips are open to persons ages 50 and over. Advanced registration is required for all trips as space is limited. There is no discounted fee for Mature Adult trips. R indicates the Town of Vienna resident rate. NR indicates seniors residing outside town limits. People under 50 may participate in trips, if space allows.

UNITED STATES ARMY BAND CONCERT AT CONSTITUTION HALL

Washington, D.C.

Join the United States Army Band "*Pershing's Own*", the premiere musical organization of the United States Army on our holiday trip to Constitution Hall. This year full spotlight will shine on the many talented musicians who are members of the U.S. Army Orchestra, U.S. Army Chorus and vocalists from the U.S. Army Band. There are no reserved seats for this most popular of concert dates. We will plan at being at the theatre two hours before the 3:00 p.m. show because there is no reserving seating event. This event is limited to the first 30 people to register.

Fee includes transportation. The tickets are complimentary. Register Early!

December 13

341240 B1- SU – 12:30 p.m. - 6:00 pm.

Fee: R \$20 NR \$25



A group of 50 folks visited Winterthur Museum on September 23, 2009. This was a collaborative trip with the Shepherd Center of Oakton-Vienna. Weekday trips are coordinated by the community center and are presented about once a month. Destinations are to new and interesting places in the D.C. Metro Area. Unusual trip ideas are always welcomed.

INFANTS/PRESCHOOL

MUSIC TOGETHER® OF VIENNA

Ages: Birth – 6 and their moms, dads, or caregivers
**Instructor: Tuesday and Friday - Linda Criscitello
Saturday - Min Bae**

Come experience the joy of family music with music and movement classes for infants, toddlers, preschoolers, kindergartners and the grownups who love them. Children of mixed ages participate at their own level by singing, moving, chanting, listening and exploring with musical instruments. Any caregivers-parents, grandparents, nanny-can bring the children. Adults participate with the children and receive music development information. There is no charge for siblings under eight months (at start date of class). Additional curriculum fee includes two professionally recorded CDs of the semester's collection, a songbook with illustrations, activities and parent education. In addition, all families new to Music Together receive a Booklet/DVD explaining our principles, research and philosophy. For more information, please call Linda at 703-424-7295. **Curriculum fee:** \$37 per family, check payable to Music Together of Vienna, due the first day of class.

January 12 - March 16

308140 A1 - T - 9:30 a.m. - 10:15 a.m.

308140 B1 - T - 10:30 a.m. - 11:15 a.m.

Fee: R \$162 / NR \$202.50 - Ten classes

January 8 - March 5

(No class January 29)

308140 D1 - F - 9:30 a.m. - 10:15 a.m.

308140 E1 - F - 10:30 a.m. - 11:15 a.m.

Fee: R \$129.60 / NR \$162 - Eight classes

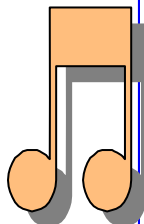
January 9 - March 13

308140 G1 - S - 9:00 a.m. - 9:45 a.m.

308140 H1 - S - 10:00 a.m. - 10:45 a.m.

308140 I1 - S - 11:00 a.m. - 11:45 a.m.

Fee: R \$162 / NR \$202.50 - Ten classes



CLASSIC TALES 'N TUNES®

**Ages 18 months - 5 years with a caring adult
Instructor: Mariana Pino**

Classic Tales 'n Tunes® joyfully welcomes young children to the world around them with a dynamic curriculum and a variety of fun activities: reading stories, making music, enjoying puppetry, exploring gross motor equipment, and playing interactive games. Each engaging lesson centers on a theme and features a rich diversity of music and literature from different genres and cultures. Spanish and American Sign Language, our country's 2nd and 3rd most common languages, are blended into the curriculum, promoting a friendly and inclusive environment. Our multi-sensory approach nurtures cognitive, language, motor, social and emotional skills as well as musicality and creativity. Loving caretakers participate and learn valuable new skills too! Siblings of enrolled students attend for FREE if 11 months or younger, and otherwise may register with instructor's permission. All materials are included. Visit www.classictnt.com to learn more about this award-winning program!

January 11 - March 15

(No class January 18 and February 15)

309420 A1 - M- 8:45 a.m. - 9:30 a.m.

309420 B1 - M- 9:45 a.m. - 10:30 a.m.

Fee: R \$132 / NR \$165 - Eight classes

TINY TUNES

**Ages Birth - 18 months with a caring adult
Instructor: Mariana Pino**

Step out of the hustle and bustle of life and reserve this precious time for you or your loving caregiver and your baby or toddler to share wonderful music and movement activities. Sing, dance, learn finger plays with American Sign Language and Spanish, and play parachute games in this engaging class, designed by the creator of Classic Tales 'n Tunes. Nurture your child's development of listening, language, fine and gross motor skills while having fun! All materials are included. Visit www.classictnt.com to learn more about this exciting program!

Nurture your child's development of listening, language, fine and gross motor skills while having fun! All materials are included. Visit www.classictnt.com to learn more about this exciting program!

January 11 - March 15

(No class January 18 and February 15)

309421 A1 - M- 10:45 a.m. - 11:30 a.m.

Fee: R \$132 / NR \$165 - Eight classes

REGISTRATION DATES

IN-TOWN BEGINS NOVEMBER 2

OUT-OF-TOWN BEGINS NOVEMBER 9

**SEE PAGE 4 FOR REGISTRATION
INFORMATION AND REFUND/
CANCELLATION POLICY**

PRESCHOOL

FAIRYTALE FEAST

Ages 3-6

Instructors: Babs Dyer

A fun time preparing tasty snacks from the pages of our favorite fairytales! Each class will be based on a tale with appropriate activities to enhance. Parents please pack a drink. **Children must be toilet trained to attend.**

January 13 - March 3

309333 B1 - W - 9:30 a.m. - 11:30 a.m.

Fee: R \$96 / NR \$120 - Eight Classes

MUSICAL THEATRE FOR EARLY LEARNERS

Ages 3-6

Instructors: Babs Dyer

Welcoming your "Theatrically Inclined" preschooler to their first theater experience. Each class will incorporate activities that your child to actively participate in the songs, dance and acting that create the magic theater. Parents please pack a snack. **Children must be toilet trained to attend.**

January 12 - March 2

309333 A1 - T - 9:30 a.m. - 11:30 a.m.

Fee: R \$96 / NR \$120 - Eight Classes

TOTS AND PARENT SPANISH CLASSES

Ages 1 1/2 - 3 years

Instructor: Edith Shamrell - Lango Fairfax

Give your child a head start in an important 21st century language: Spanish! Research shows that this is the ideal age for kids to start learning a second language.

Accompanied by parents or caregivers, these young students (ages 1 1/2 to 3 years) start learning Spanish through a variety of activities designed to engage their minds and bodies. Students become great friends with Cosmo the Bulldog, participating in his crazy adventures right alongside him and his friends, the Lango Kids. Music and movement form the foundation for the classes, as the children sing simple, rhythmic songs and dance, run, spin and jump around the room! Meanwhile, native Spanish teacher Edith Shamrell works with the accompanying adults, teaching them age-appropriate games and activities so that they can reinforce learning at home. These Lango "playclasses" (for more information go to www.langokids.com) are great for parents and caregivers who want to learn a new language alongside their children!

January 15 - March 5

309320 A1 - F - 9:30 a.m. - 10:15 a.m.

Fee: R \$149 / NR \$186.25 - Eight classes

NEW

PEP PROGRAM – SPORTS FOR KIDS

Ages: 4 – 6

Instructors: Helen Petrakes and Chris Kurtzman

The focus of this program is to teach children the fundamentals of team sports such as soccer, basketball, baseball, hockey, and volleyball in a safe, fun environment. Children have the opportunity to release some energy and socialize with other children. Values such as sportsmanship, teamwork, sharing and consideration of others will be stressed in this class.

Please bring a water bottle to class!

January 14 – February 18

304706 A1 – TH - 9:45 a.m. – 11:00 a.m.

January 13 – February 17

304706 B1 – W - 1:30 p.m. – 2:45 p.m.

January 14 – February 18

304706 C1 – TH - 1:30 p.m. – 2:45 p.m.

Fee: R \$90 / NR \$112 – Six classes

Mini – Sessions

March 3 – March 24

304706 D1 - W - 1:30 p.m. – 2:45 p.m.

March 4 – March 25

304706 E1 – TH – 9:45 a.m. – 11:00 a.m.

March 4 – March 25

304706 F1 – TH – 1:30 p.m. – 2:45 p.m.

Fee: R \$60 / NR \$75 – Four classes

TOT AND PARENT MANDARIN CLASSES

Ages 1 1/2 - 3 years

Instructor: Lango Fairfax

Give your child a head start in an important 21st century language:

Mandarin! Research shows that this is the ideal age for kids to start learning a second language. Accompanied by parents or caregivers, these young students (ages 1 1/2 to 3 years) start learning a Mandarin through a variety of activities designed to engage their minds and bodies. Students become great friends with Cosmo the Bulldog, participating in his crazy adventures right alongside him and his friends, the Lango Kids. Music and movement form the foundation for the classes, as the children sing simple, rhythmic songs and dance, run, spin and jump around the room! Meanwhile, a native Mandarin teacher works with the accompanying adults, teaching them age-appropriate games and activities so that they can reinforce learning at home. These Lango "playclasses" (for more information go to www.langokids.com) are great for parents and caregivers who want to learn a new language alongside their children!

January 11 - March 15

(No class January 17 and February 15)

309320 B1 - M - 2:30 p.m. - 3:15 p.m.

PRESCHOOL/YOUTH

INDOOR TENNIS EVERYONE!

Location: Vienna Community Center Gymnasium
Whatever your level of play, you are just a few hours of FirstServe Tennis instruction away from a lifelong love of tennis! Join FirstServe Tennis Academy on court for first-rate instructional programs for players of all abilities **ages 4-adult!** Gregg Deinhart and Stephan Schlagenhauff are USPTA and Easitennis certified instructors who lead a talented staff teaching tennis in a **friendly, fun and supportive environment.** Lessons By Appointment are also available so you can set up a lesson plan that fits in your schedule. Tennis rackets are required! Contact FirstServe Tennis Academy for program, racket and equipment recommendations. Call 703-868-8172 or visit www.tenniseveryone.net for more information

LITTLE SHOTS TENNIS CLASSES (INSIDE)

All Little Shots classes will be conducted using modified nets and tennis balls designed to work well on the gym floors.

Ages: 4-6

November 23 – December 14

304040 C1 – M - 1:00 p.m. – 1:45 p.m.

304040 D1 – M - 2:00 p.m. – 2:45 p.m.

Fee: R \$72 / NR \$90 – Four classes

Ages: 4-6 – Tennis Fundamentals

January 4 – March 15

(No class January 18 and February 15)

304040 A1 – M - 1:00 p.m. – 1:45 p.m.

304040 B1 – M - 2:00 p.m. – 2:45 p.m.

Fee: R \$162 / NR \$202.50 – Nine classes

January 6 – March 10

304040 E1 – W – 3:00p.m. – 3:45p.m.

Fee: R \$180 / NR \$225 – Ten classes

KID'S CLASSES (INSIDE)

All kids' classes will be conducted using modified nets and tennis balls designed to work well on the gym floors.

Ages: 7-10 – Tennis Fundamentals / Rallyball One

November 23 – December 14

314040 D1 – M - 3:00 p.m. – 4:00 p.m.

Fee: R \$72 / NR \$90 – Four classes

Ages: 7-10 – Tennis Fundamentals / Rallyball One

January 4 – March 15

(No class January 18 and February 15)

314040 A1 – M - 3:00 p.m. – 4:00 p.m.

314040 F1 – M – 5:00 p.m – 6:00 p.m.

Fee: R \$162 / NR \$202.50 – Nine classes

January 6 – March 3

314040 C1 – W - 4:00 p.m. – 5:00 p.m.

Fee: R \$162 / NR \$202.50 – Nine classes

CHILDREN'S DANCE

These classes can help improve coordination and agility. In ballet children learn basic ballet positions and movements aiding coordination, balance, perception and flexibility. Classes progress in floor work and bar exercises depending on the level of children's abilities. Soft-soled ballet slippers are needed for the appropriate class. Please label all equipment with the child's name and telephone number. Children who cannot be a cooperating member of the class may be asked to discontinue until they are older. Parents may observe the last day of class.

KINDERTOTS MOMMY AND ME

Ages 2-3

A pre-Kinderdance program designed for young children to participate with their parents in an active learning environment. Creative movement, gross motor skills and body awareness are developed while learning colors, numbers, shapes and songs. Children that cannot be a cooperating member of the class may be asked to withdraw until they are older.

January 13 - March 3

303371 A1 - W – 10:00 a.m. - 10:30 a.m.

January 12 - March 2

303371 B1 - T – 3:45 p.m. - 4:15 p.m.

Fee: R \$64 / NR \$80 – Eight classes

BALLET 3 AND 4

January 13 - March 3

308100 A1 - W - 10:40 a.m. - 11:20 a.m.

January 12 - March 2

308100 B1 - T - 4:30 p.m. - 5:10 p.m.

Fee: R \$72 / NR \$90 - Eight classes

BALLET 5-7

January 12 - March 2

318100 A1 - T - 5:15 p.m. - 5:55 p.m.

Fee: R \$72 / NR \$90 - Eight classes



GYM DROP IN FOR TOTS

Ages 20 months – 5 years with parents

The gym will be open for toddlers to ride their play vehicles. The vehicles must be notarized and three wheels or more (NO two wheel vehicles). Each parent is responsible for supervising their child. This activity is free

January 5 - March 30 (No open gym on February 25)
TH - 9:00 a.m. – 10:00 a.m.

PRESCHOOL/YOUTH



TWOOSY DOODLERS

For ages 20-36 months. This is a special art class just for toddlers and parents (or helpers). Little fingers will experiment with painting, gluing, sticking, printing and creating, while developing fine motor, language and self-help skills. This is an "I can do it!" class that is fun and creative! Each session has new activities and moms and helpers get to play too.

January 12 - March 2

307250 A1 -T - 9:15 a.m. – 9:55 a.m.

307250 B1 -T - 10:15 a.m. - 10:55 a.m.

Fee: R \$ 102 / NR \$127.50 - Eight classes

Material fee of \$30 is due the first day of class made payable to Abrakadoodle

January 16 - February 20

307250 C1 - S - 10:00 a.m. – 10:40 a.m.

Fee: R \$77 / NR \$96 - Six classes

Materials fee of \$24 is due the first day of class made payable to Abrakadoodle



MINI DOODLERS

For ages 3-6. Children develop their creativity through carefully designed lessons that ignite the imagination and develop skills. Using real artists' materials including

watercolors, tempera paints, oil pastels, creative tools and more, the children create masterpieces that are truly unique.

January 12 - March 2

307251 A1 - T - 11:15 a.m. – 12:00 p.m.

Fee: R \$ 102 / NR \$127.50 - Eight classes

Material fee of \$30 is due the first day of class made payable to Abrakadoodle

January 16 - February 20

307251 B1 - S - 11:00 a.m. - 11:45 a.m.

Fee: R \$84 / NR \$105 - Six classes

Material fee of \$24 is due the first day of class made payable to Abrakadoodle

DOODLERS

Ages 5 - 12

For 1st to 6th graders. Children create their own unique masterpieces through painting, drawing and exploring creative materials. Each lesson introduces children to new techniques and artists' styles. The teacher provides guidance and inspiration. Classes help children develop both skills and confidence!

January 16 - February 20

307252 A1 - S - 1:00 p.m. – 2:00 p.m.

Fee: R \$95 / NR \$118.75 - Six Classes

Materials Fee of \$24 is due the first day of class made payable to Abrakadoodle.

SPLAT WORKSHOP

For ages 3-12

Drop off the kids for a creatively charged workshop with Splat, Abrakadoodle's Arty Dog. While you accomplish your holiday errands the children will design a unique holiday surprise of their own, all while learning the concepts of printing, shape discovery, and the elements of dot, line and color. Children will be grouped by age. Please send a snack and drink with your child (no nuts, please!). Children must be fully potty trained.

December 14

307254 A1 - M - 1:00 p.m. - 4:00 p.m.

307254 B1 - M - 4:30 p.m. - 7:30 p.m.

Fee: R \$40 / NR \$50

A materials fee of \$15 will be due at the start of the session, (make check payable to Abrakadoodle).

HOLIDAY ART CAMP MANY WAYS TO CREATE ART

Ages 3 - 6

Sculpture, painting and collage are just a few ways to create magnificent artwork. Use a variety of materials and techniques while learning about famous artists and world cultures. Materials fee includes all materials, props, games, stories and music used in class. Children must bring a snack each day (please, avoid sending foods that contain peanuts). Children must be potty trained.

December 28 - December 30

307254 C1 - M/T/W - 9:00 a.m.-12:00 pm

Fee: R \$90 / NR \$113 Materials fee: \$20 (due the first day of class); make check payable to Abrakadoodle.

YOUTH OPEN GYM

Ages: 6-11

Monday, Wednesday, Friday
3:00 p.m. – 4:00 p.m.

Ages: 12-17

Monday, Wednesday, Friday
4:00 p.m. – 5:00 p.m.

Special Holiday Break Hours

December 23-December 31

Ages: 6-11

1:00 p.m. – 3:00 p.m.

Ages: 12-17

3:00 p.m. – 5:00 p.m.

Please call ahead to ensure that the gym will be open, 703-255-6360. The schedule is subject to change at any time.

Gym Closed:

December 25

January 1- 6, 11-13, 18-20, 22- 27

February 1-3, 8-17, 22- 26

March 1, 8, 15

GYMNASTICS

GYMNASTIC PARENTS PLEASE NOTE:

- *Due to the large number of parents and siblings watching the gymnastic classes we are requesting that parents only attend the first and last day of class.
- *Birth Certificate verification is needed for all first time students in the 3 and up gymnastic program.
- *In all classes students should wear tight fitting clothes and either gymnastic shoes or be prepared to go barefoot.
- *During class we ask parents of students to wait in the back lobby for their children.

GYMNASTICS FOR PARENT/CHILD

Ages: 2 ½ to 3

A time for mom or dad and tot to spend time together while learning something new. This is an open gym experience with instructor supervision. Tots will use the balance beam, uneven bars, and tumbling mats. Parents will guide their child through each class. Only one child per parent or adult. Children not registered for the class may not accompany their parent to class.

January 7 – March 18 (No class February 25)

304060 A1 – TH – 1:00 p.m. – 1:45p.m.

Fee: R \$50 / NR \$62.50 – Ten Classes

GYMNASTICS FOR 3 YEAR OLDS

Age 3

Preschoolers will receive instruction on the uneven bars, balance beam, vault, and in tumbling. This once a week class is for children who have already taken the Parent/Child Gymnastics class or Tumbles and Twists.

January 7 – March 18 (No class February 25)

304062 A1 – TH – 2:00 p.m. – 2:45p.m.

Fee: R \$50 / NR \$62.50 - Ten classes

TUMBLES AND TWISTS

Ages 3 – 4

This fun filled program gives tots the chance to use their imagination to the fullest through creative movement, interactive songs, tumbling and stretching exercises designed to help them understand the movement abilities of their bodies.

January 5 – March 9

304061 A1 – T – 2:00 p.m. – 2:45 p.m.

304061 B1 – T – 1:00 p.m. – 1:45 p.m.

Fee: R \$50 / NR \$62.50 – Ten classes

January 11 – March 15

(No class January 18 and February 15)

304061 C1 – M – 10:30 a.m. – 11:15 a.m.

Fee: R \$40 / NR \$50 – Eight classes

MINI TUMBLERS

Ages 3 – 4

This class focuses on beginning tumbling skills. While having fun children will learn body awareness through stretching exercises, animal walks and tumbling skills. Children need to be able to separate from their parent and be a cooperating member of class.

January 11 – March 15

(No class January 18 and February 15)

314060 C1 – M – 9:45 a.m. – 10:30 a.m.

314060 D1 – M – 11:30 a.m. – 12:15 p.m.

Fee: R \$40 / NR \$50 – Eight classes

GYMNASTICS FOR YOUNG BEGINNERS

Ages 4 - 5

This class focuses on beginning tumbling skills. While having fun children will learn body awareness through stretching exercises, animal walks and tumbling skills. Children need to be able to separate from their parent and be a cooperating member of class.

January 5 – March 9

314060 B1 – T – 3:00 p.m. – 3:45 p.m.

January 7 – March 18 (No class February 25)

314060 A1 – TH – 3:00 p.m. – 3:45 p.m.

Fee: R \$50 / NR \$62.50 – Ten classes

GYMNASTICS

Ages 5 – 12

Children will receive instruction on the uneven bars, balance beam, vault and floor. Class also includes flexibility and strength building moves. Classes are for all ability levels: beginner through advanced. Children progress through the program based on individual ability levels. Boys and girls are grouped primarily by ability level and age.

January 5 – March 16 (No class February 25)

AGE 5 – 12

314061 A1 – T/TH – 4:00p.m. – 5:00p.m.

314061 B1 – T/TH – 5:00p.m. – 6:00p.m.

AGE 6 – 13

314062 A1 – T/TH – 6:00p.m. – 7:00p.m.

Fee: R \$120 / NR \$150 Twenty classes

GYMNASTICS ADVANCED

Instructor written approval required

Ages 7 - 13

This class will have a student/teacher ratio of 4 to 1 and geared toward year around students. Students will improve on and add to skills already learned as well as work on routines, dance, flexibility, and strength. An instructor will approach the parent when a child is ready for this class. Registration without a written letter from the instructor attached will not be accepted. Participants need to be registered for the 6:00 p.m. class as well.

January 5 – March 9

314063 A1 – T- 7:00p.m. – 8:00p.m.

Fee: R \$90 / NR \$ 113 – Ten classes

January 7 – March 18 (No class February 25)

314063 B1 – TH – 7:00p.m. – 8:00p.m.

Fee: R \$90 / NR \$113 – Ten classes

YOUTH/TEEN



MUSICAL THEATER WORKSHOP I

Ages 8 - 12

Instructor: Babs Dyer

Come join us for an introduction to musical theater. No experience necessary. We will explore everything from the audition to the final curtain. Be ready to sing, dance, and act. Comfortable clothing suggested.

January 25 - March 8 (No class February 15)

318140 A1 - M - 3:30 p.m. - 4:30 p.m.

Fee: R \$36 / NR \$45 – Six classes

MUSICAL THEATER WORKSHOP II

Ages 10 – 16

Instructor: Babs Dyer

This class is for the serious performer. Pre-requisite is Music Theater I or previous performance experience necessary.

January 25 - March 8 (No class February 15)

318141 A1 - M - 4:30 p.m. - 5:30 p.m.

Fee: R \$36 / NR \$45 – Six classes



BABYSITTERS TRAINING

Ages 12 and up

Instructor: American Red Cross

This course prepares teens with everything a parent looks for in a babysitter – including safety, basic child care, safe play, first aid and critical emergency action skills. The class is taught by a certified American Red Cross Instructor. Please bring a bagged lunch.

January 30

322580 A1 – S – 9:00 a.m. - 4:00p.m.

Fee: R \$70 / NR \$87.50 – One class

INDOOR TENNIS EVERYONE!

Location: Vienna Community Center Gymnasium
Whatever your level of play, you are just a few hours of FirstServe Tennis instruction away from a lifelong love of tennis! Join FirstServe Tennis Academy on court for first-rate instructional programs for players of all abilities **ages 4-adult!** Gregg Deinhart and Stephan Schlagenhauff are USPTA and Easitennis certified instructors who lead a talented staff teaching tennis in a **friendly, fun and supportive environment. Lessons By Appointment** are also available so you can set up a lesson plan that fits in your schedule. Tennis rackets are required! Contact FirstServe Tennis Academy for program, racket and equipment recommendations. Call 703-868-8172 or visit www.tenniseveryone.net for more information

Tennis Fundamentals / Rallyball One

Ages: 11 – 13

January 4 – March 15

(No class January 18 and February 15)

314040 B1 – M - 4:00 p.m. – 5:00 p.m.

Fee: R \$162 / NR \$202.50 – Nine classes

Ages: 11 – 13 – Tennis Fundamentals / Rallyball One

November 23 – December 14

314040 E1 – M - 5:00 p.m. – 6:00 p.m.

Fee: R \$72 / NR \$90 – Four classes

**SEE BACK COVER FOR HIGH SCHOOL
TEAM TRYOUT PREP**

DINING SKILLS AND ETIQUETTE FOR YOUTH

Ages: 5-7

Instructor: Sue Ellen Bron, Correctitude Etiquette

Activity oriented and designed to foster children's growth through effective age appropriate, self esteem building exercises. The ABC's of meeting, greeting and saying goodbye. Little things we say and 1,2,3 let's eat. A \$5 material fee is due at the first class, payable to the instructor.

January 16 and 23

312550 A1 – S – 9:15 a.m. – 10:15 a.m.

Fee: R \$40 / NR \$50 – Two Classes

Ages: 8-12

Instructor: Sue Ellen Bron, Correctitude Etiquette

Learn table manners through exposure and education. Includes hosting/guest duties, silverware, difficult to eat foods and fast food table manners. A \$5 material fee is due at the first class, payable to the instructor.

January 16 and 23

312550 B1 – S – 10:30 a.m. – 11:30 a.m.

Fee: R \$40 / NR \$50 – Two Classes

NEW

CHESS CLASS

Ages: 4-14

Instructor: Silver Knights Chess

Learn how to play chess from a Silver Knights chess coach! Their coaches are highly rated professional chess instructors, who have taught tens of thousands of children to play, including the 2008 national champions for first and second grade. Class time is evenly split between lesson and play. Lessons range from learning rules to advanced tournament strategies. Play time is structured to pair each student against an opponent of similar skill. All chess supplies are provided. Please check out their website at www.silverknightschess.com.

January 6 – February 24

321400 A1 – W – 5:00 p.m. – 6:00 p.m.

Fee: R \$80 / NR \$100 – Eight Classes

YOUTH/TEEN

ADRENALINE DANCE FORCE YOUTH JAZZ

Ages 8-11

Instructor: Adrenaline Dance Force Staff

The Adrenaline Dance Force staff teaches young dancers jazz technique, performance skills, showmanship, and confidence. This class will increase flexibility, improve dance technique, memory, balance, and strength. The experienced staff brings excitement to dance class with current upbeat music and exciting choreography! Come prepared for warm up, technique, and to learn new choreography. Comfortable dance clothes and jazz shoes are recommended.

January 7 – March 4

(No class February 25)

328102 B1 – TH - 5:00 p.m. - 6:00 p.m.

Fee: R \$105 / NR \$131.25 – Eight classes

ADRENALINE DANCE FORCE TEEN JAZZ

Ages 12-18

Instructor: Adrenaline Dance Force Staff

The Adrenaline Dance Force staff teaches teen dancers jazz technique, performance skills, showmanship, and confidence. This class will increase flexibility, improve dance technique, memory, balance, and strength. The experienced staff brings excitement to dance class with current upbeat music and the hottest choreography! Come prepared for warm up, technique, and to learn new choreography. Comfortable dance clothes and jazz shoes are recommended.

January 7 – March 4

(No class February 25)

328102 A1 – TH - 5:00 p.m. - 6:00 p.m.

Fee: R \$105 / NR \$131.25 – Eight classes

ADRENALINE DANCE FORCE YOUTH HIP HOP

Ages 8-11

Instructor: Adrenaline Dance Force Staff

Beginning hip hop dancers will learn the latest street dancing technique, performance skills, and confidence. Hip Hop is an ever-evolving style performed to current hip hop music. The Adrenaline Dance Force classes offer the ability to improve hip hop style, increase memory, improve balance, and increase strength by staying grounded and strong through upper and lower body movement. The experienced staff brings excitement to this class with the latest hip hop music appropriate for youth. Come prepared for warm up, isolations, and to learn the latest choreography styles. Comfortable loose clothing and flat sole sneakers are recommended.

January 7 – March 4

(No class February 25)

328101 B1 – TH - 4:00 p.m. - 5:00 p.m.

Fee: R \$105 / NR \$131.25 – Eight classes

ADRENALINE DANCE FORCE TEEN HIP HOP

Ages 12-18

Instructor: Adrenaline Dance Force Staff

Intermediate dancers will learn the latest street dancing technique, performance skills, and confidence. Hip Hop is an ever-evolving style performed to current hip hop music. The Adrenaline Dance Force classes offer the ability to improve hip hop style, increase memory, improve balance, and increase strength by staying grounded and strong through upper and lower body movement. The experienced staff brings excitement to this class with the latest hip hop music appropriate for teens. Come prepared for warm up, isolations, and to learn the latest choreography styles. Comfortable loose clothing and flat sole sneakers are recommended.

January 7 – March 4

(No class February 25)

328101 A1 – TH - 4:00 p.m. - 5:00 p.m.

Fee: R \$105 / NR \$131.25 – Eight classes

ADRENALINE DANCE FORCE YOUTH CHEER

Ages 8-11

Instructor: Adrenaline Dance Force Staff

Adrenaline Dance Force cheer class is a terrific way to learn great cheer techniques including; motions, jumps, stunting and tumbling basics. Work with the area's best cheer instructors and improve your skills to be an outstanding cheerleader. Don't miss this class, sign up now!

January 5 – February 23

328101 D1 – T – 4:00 p.m. – 5:00 p.m.

Fee: R \$105 / NR \$131.25 – Eight classes

ADRENALINE DANCE FORCE TEEN CHEER

Ages 12-18

Instructor: Adrenaline Dance Force Staff

Adrenaline Dance Force cheer class is a terrific way to learn great cheer techniques including; motions, jumps, stunting and tumbling basics. Work with the area's best cheer instructors and improve your skills to be an outstanding cheerleader. Don't miss this class, sign up now!

January 5 – February 23

328101 C1 – T – 4:00 p.m. – 5:00 p.m.

Fee: R \$105 / NR \$131.25 – Eight classes



CLUB PHOENIX

CLUB PHOENIX

Club Phoenix/Vienna Teen Center

Students can enjoy a place of their own in Club Phoenix. The Club, a drop in center, has a lounge area, big screen TV, jukebox, CD player, X-Box, Playstation 2, VCR, Billiard and Ping-Pong tables, a state of the art sound system and more. A stage is available for open-mike nights, karaoke, and much more. There are many special events, activities, and dances throughout the year.

Students can purchase snacks at our "Candy Bar" during operation hours. Club Phoenix has free admission, unless otherwise stated.

Once your child signs out, they will not be allowed back that day. A registration form is required for all teen wishing to participate in any Club Phoenix Activity. Registration forms may be picked up at the Community Center Front Desk, Club Phoenix, and at our web site www.viennava.gov under Departments, Parks and Recreation, Club Phoenix.

Club Phoenix is staffed by the Vienna Parks and Recreation Department.

The Teen Center will be closed:

November 26-29

December 24, 2009-January 3, 2010.

The Teen Center will open early:

November 2nd, 3rd and 25th at 12:30 p.m.

December 23rd at 12:30 p.m.

HOURS OF OPERATION:

6TH Grade:

Monday

12:30 p.m. - 6:30 p.m.

Tuesday-Friday

2:30 p.m. - 6:30 p.m.

7th and 8th grade:

Monday

12:30p.m. - 6:30 p.m.

Tuesday-Thursday

2:30 p.m. - 6:30 p.m.

Friday

2:30 p.m. - 10:00 p.m.

HIGH SCHOOL VOLUNTEER HOURS

High School students are encouraged to volunteer at the teen center during the after school program. Interested students should contact Brandy Wyatt at 703-255-5721.

CLUB PHOENIX POLICY

All Club Phoenix participants will have one time in and out from the center. Once they sign out of the Center, they are not allowed back that day. *This policy is not a lock-in.* The policy is in effect for grades 6-8. Parents are encouraged to walk their teens into the center and pick them up at the end of the night. Teens are to be picked up when they leave the center. Loitering on the Community Center grounds is discouraged. If you have any questions, please call Brandy Wyatt at 703-255-5721.

CLUB PHOENIX AFTER SCHOOL PROGRAM

The Club Phoenix After School Program runs Monday from 12:30-6:30 p.m. and Tuesday – Friday 2:30-6:30 p.m. for grades 6-8. There is homework help, cooking classes, book clubs, sports and fitness activities and much more. We also have pool tables, ping pong, a dance floor, foosball and video games to occupy your time. The program is free and open to any teen in the Greater Vienna area. Just fill out the registration form and you are in! Call Tammy Belcher, After School Program Coordinator, at 703-255-5736 during operating hours for more details, or the Community Center front desk at 703-255-6360.

CLUB PHOENIX RENTALS

Club Phoenix Teen Center is available for rentals on weekends. The Center is only available for parties of *teens registered at Club Phoenix*, grades 6-10. Applications are available at the Community Center front desk and via the web at www.viennava.gov, and should be submitted to Brandy Wyatt, Teen Program Coordinator. Visit the web for more details and pricing, or call 703-255-5721.



CLUB PHOENIX

CLUB PHONEIX EVENTS

BINGO TOURNAMENT

Four corners, straight line, diagonally or full card, anyway it is called...it is BINGO! Prizes will be awarded for winners.
December 10 4:00 p.m.

"CHOCOLATE COVERED" FOODIE DAY

Who doesn't just LOVE chocolate? It makes everything taste so much better. We are going to experiment with foods to see what tastes the best dunked in chocolate. Bring your taste-buds for this decadent foodie fun day.
December 16 4:30 p.m.

WINTER PARTY

Come and enjoy music, dancing, yummy treats, games and arts and crafts before the holiday break! Bring an old coat or jacket to donate to CHO (Committee for Helping Others).
December 18 3:30 p.m.

TRIVIA CHALLENGE

Ever wanted to be on "Jeopardy" or "Are you Smarter Than a Sixth Grader"? You can show off your knowledge at our annual Knowledge Bowl. You will be competing in teams to see who will be crowned Most Witty!
January 6 3:30 p.m.

HAT DAY

Wear your craziest, most funny, and unique hat. Teens will vote on different categories.
January 22 3:30 p.m.

TALENT SHOW

Show your talent, whether it is singing, dancing, or telling jokes, we will give you your 15 minutes of fame!
Pre-Registration is required, by January 20th. Parents and family are welcome.
January 22 4:00 p.m. rehearsal
5:00 p.m. show time



SUPER BOWL PARTY

The biggest game of the year is here and you cannot miss this pre-game party at Club Phoenix. Activities include football fun, trivia and game day snacks to enjoy. Dress in your team's jersey and win prizes.
February 5 3:30 p.m.

VALENTINES DAY PARTY

Love is in the air...and it is time to party! We will have a DJ to spin tunes and lots of sweets for your sweetie. Bring your friends and wear pink and red!
February 12 3:30 p.m.



MIDDLE SCHOOL FRIDAY NIGHTS

Friday nights are the time for Club Phoenix Cinema. We will show a movie and have popcorn. Just like the big theaters, but we have 6 TV's to watch!
Fridays after 7:00pm

CLUB PHOENIX PARENT E-NEWSLETTER

The Club Phoenix Parent E-Newsletter will keep you informed of schedule changes, special events, Center closures, and after school activities. You can sign up at the teen center, during hours of operation, or call 703-255-5721.

CLUB PHOENIX TEEN COUNCIL

Teen Council is an organization of students that plan special events at Club Phoenix, work with the Teen Council Advisor to resolve issues that affect teens in the area, and participate in community service events throughout the year. Applications can be picked up at the Vienna Community Center. Call 703-255-5721 for more information.



TEEN/ADULT

PARENTING THE ADOLESCENT

Ages: 18 and above

Instructors: Brauer and Bleiweis

Parenting the Adolescent is a six week course based on the S.T.E.P. Teen program. Topics include adolescent development, communication skills, conflict resolution, problem solving skills, and using natural and logical consequences. Parents are updated on alcohol and other drug usage, parties, cyber bullying, and other teenage issues, such as defiance, peer pressure, homework and academic expectations. A \$15 book and materials fee is due at the first class, payable to the instructor.

January 12 – February 16

320419 A1 – T – 7:00 p.m. – 9:00 p.m.

Fee: R \$90 / NR \$112.50 – Six Classes



DINING SKILLS AND ETIQUETTE FOR TEENS

Ages: 13-17

Instructor: Sue Ellen Bron; Correctitude Etiquette

Learn everything you wanted to know about table manners. Topics will include silverware savvy, American and Continental eating styles, hosting/guest duties and many other do's and don'ts.

January 30

312550 C1 – S – 10:00 a.m. – 12:00 p.m.

Fee: R \$40 / NR \$50 – One Class

DINING SKILLS AND ETIQUETTE FOR ADULTS

Ages: 18 and up

Instructor: Sue Ellen Bron; Correctitude Etiquette

Learn everything you wanted to know about table manners including American and Continental eating styles, hosting and guesting duties and many other do's and don'ts.

February 6

312550 D1 – S – 9:30 a.m. – 12:30 p.m.

Fee: R \$40 / NR \$50 – One Class

REGISTRATION DATES

IN-TOWN BEGINS NOVEMBER 2

OUT-OF-TOWN BEGINS NOVEMBER 9

**SEE PAGE 4 FOR REGISTRATION
INFORMATION AND REFUND/
CANCELLATION POLICY**

GUITAR I – Beginner

Ages 9 - Adult

Instructor: Bill Burke

The beginner class is for those just starting out and have had one or two classes and will cover basic music fundamentals, the study of chords for song accompaniment, and note reading for melody playing. Class time will include learning new material, reviewing and practicing, music issues and stories and demonstrations. No prior music experience or instrumental background required. Each student must have a guitar (some rentals available from the instructor). A \$3 material fee is due to the instructor the first day of class. Classes will be held at the Bowman Arts and Crafts House, 211 Center St. S.

January 24 - March 7 (No class February 14)

358130 A1 – SU – 11:00 a.m. – 12:00 p.m.

358131 A1 – SU – 12:00 p.m. – 1:00 p.m.

Fee: R \$36 / NR \$45 – Six classes



IRISH FIDDLE

Ages: 16 and older

Instructor: Randy Latimer

Learn techniques to play the fiddle. Some experience needed. You will need to bring your own violin. Check with Foxes Music, Falls Church, Brobst Violin in Springfield, or Music and Art Center for possible rentals.

January 14 - February 18

358132 A1 - TH - 5:00 p.m. - 6:00 p.m.

Fee: R \$36 / NR \$45 - Six classes



NEW

TRAFFIC SKILLS 101

NEW

Instructor: Bruce Wright

(Chairman, Fairfax Advocates for Better Bicycling)

Cyclists will gain the confidence they need to ride safely and legally in traffic or on the trail. The course covers bicycle safety checks, fixing a flat, on-bike skills and crash avoidance techniques. A student manual will be included in the class. This fast-paced, nine hour class prepares cyclists for a full understanding of vehicular cycling. Students should bring their bicycle and helmet to each class. Students will ride on local roads for the Saturday road test. There will be a lunch break on Saturday from 12p.m. to 1p.m.

March 25 and 27

333031 A1 - TH- 6:00 p.m. – 9:00 p.m.

S – 9:00 a.m. – 4:00p.m.

Fee: R \$100 / NR \$125 – Two classes

ADULT POTTERY

ALL ARTS AND CRAFTS CLASSES ARE
LOCATED IN THE
BOWMAN HOUSE ARTS AND CRAFTS CENTER AT
211 CENTER ST. S. UNLESS OTHERWISE NOTED

BEGINNING WHEEL s/c

Monday and Friday Instructor: Lori Yankovitz

You will be introduced to the basics of wheel to the basics of wheel pottery, wedging, centering, throwing, trimming, and glazing. Pieces will be high fired in an oxidation kiln. Students should purchase a basic tool kit consisting of a sponge needle tool, wire and wooden sculpting tools, which are available at a ceramic supply store or through catalogues. It is important that students attend the first day of class. Students should also bring an old towel and sponge to class and wear old clothes to class.

Beginner (no experience)

January 11 - March 15

(No class January 18 and February 15)

337211 A1 - M - 6:30 p.m. - 9:30 p.m.

Fee: R \$120 / NR \$150 - Eight weeks

Beginner 1 and 2 (little to no experience)

January 15 - March 19

337211 B1 - F - 6:30 p.m. - 9:30 p.m.

Fee: R \$150 / NR \$187.50 - Ten weeks

INTERMEDIATE WHEEL s/c

Instructor: Beth Kendall

This class is designed to expand on the basics taught in beginning wheel. In this class we usually work in depth on one or two projects per session. Projects include, but are not limited to, throwing larger forms, lidded pieces, decorating techniques, refining our work, glazing and much, much more. All students interested in this class should have at least 2 years of current beginning classes or approval from the instructor prior to registering. Students should bring a sponge, old towel and bats to class.

January 12 - March 16

337212 A1 - T - 7:00 p.m. - 10:00 p.m.

Fee: R \$150 / NR \$187.50 - Ten weeks

ADVANCED WHEEL s/c

Morning Instructor: Fran Symes

Evening Instructor: Lori Yankovitz

You will learn a variety of advanced techniques and will learn to refine your work both aesthetically and functionally during the evening class. Students should bring a sponge, old towel and bats to class.

January 13 - March 17

337213 A1 - W - 9:30 a.m. - 12:30 p.m.

337213 B1 - W - 6:30 p.m. - 9:30 p.m.

Fee: R \$150 / NR \$187.50 - Ten weeks

HANDBUILDING s/c

Instructor: Treena Rinaldi

You will learn various methods of handbuilding pots for both functional and decorative use and will learn a variety of glazing and decorating techniques. Advanced students entering the class are encouraged to develop and work on specialized projects.

January 14 - March 18

337214 A1 - TH - 9:30 a.m. - 12:30 p.m.

337214 B1 - TH - 7:00 p.m. - 10:00 p.m.

Fee: R \$150 / NR \$187.50 - Ten weeks

ADULT POTTERY s/c

18 and older

Fee includes 25 pounds of clay, glazes and firings. An additional 25 pounds of clay may be purchased for \$15. Only clay purchased from the Recreation Department may be used in the studio. Class fee listed under individual classes. Children may not accompany parents.

POTTERY LAB s/c

Open to adult students in the pottery program.

337210 A1 - *January 19 - March 20*

Tuesday - 10:00 a.m. - 1:00 p.m.

Thursday - 9:30 a.m. - 10:00 p.m.

Saturday - 10:00 a.m. - 3:30 p.m.

Fee: \$45 per person for unlimited lab time on each day offered. \$15 for 25 pounds of clay which includes glazes and firings. Only clay purchased from the Recreation Department may be used in the studio. Children may not accompany parents to lab. You may not register for this class on-line.

ADULT DRAWING I s/c

Ages 16 and over

Instructor: Kerry Burch

This class is geared for the beginning artist. Students will learn about line, contour, positive and negative space, shading, composition and perspective. Pencil, pen, conte and charcoal will be the primary tools used to create the basis for future work as well as finished pieces. Please bring a 11"x14" sketch pad, 1 drawing pencil HB, 1 drawing pencil 4B and an artgum eraser to class.

January 25 - March 8 (No class February 15)

337241 A1 - M - 7:00 p.m. - 9:00 p.m.

Fee R \$60 / NR \$75—Six classes

ADULT DRAWING II/ADVANCED s/c

Ages 16 and over

Instructor: Kerry Burch

This class is geared for the artist with experience. Students will learn about line, contour, positive and negative space, shading composition and perspective. Pencil, pen conte and charcoal will be the primary tools used to create the basis for future work as well as finished pieces. Please bring a 11"x14" sketch pad, 1 drawing pencil HB, 1 drawing pencil 4B and an artgum eraser to class.

January 19 - March 9

337242 A1 - M - 7:00 p.m. - 9:00 p.m.

Fee R \$80 / NR \$100 - Eight classes

**AS OF NOVEMBER 2 THERE WILL BE NO
CONVENIENCE FEE CHARGES ASSESSED
TO CREDIT CARD PURCHASES.**

ADULT CLASSES

SPANISH FOR BEGINNERS – PART I

Instructors: Harry Diaz

For those students that have never taken Spanish or have has some Spanish. Continue to learn to write, read and speak this popular language and improve your communications skills.

January 11 - March 15

(No class January 18 and February 15)

339160 A1 - M - 10:00 a.m. - 12:00 p.m.

Fee: R \$64/ RSR \$32 / NR \$80 - Eight classes

SPANISH FOR BEGINNERS – PART II

Instructors: Harry Diaz

For those students that completed Part I or have has some spanish. Continue to learn to write, read and speak this popular language and improve your communications skills.

January 11 -March 15

(No class January 18 and February 15)

339161 A1 - M - 12:30 p.m. - 2:30 p.m.

Fee: R \$64/ RSR \$32 / NR \$80 - Eight classes

SPANISH CONVERSATION

Instructors: Carmen Diaz

Disfrute de una clase de conversacion fluida sobre asuntos dela vida diaria. Este curso se ofrece para estudiantes de nivel intermedio-avanzado.

January 11 -March 15

(No class January 18 and February 15)

339164 A1 - M - 10:00 a.m.. - 12:00 p.m.

Fee: R \$64/ RSR \$32 / NR \$80 - Eight classes

SPANISH CONVERSATION AND GRAMMAR

Instructors: Carmen Diaz

Continue to improve your skills in grammar, reading and conversation for students that have completed Spanish grammar.

January 11 -March 15

(No class January 18 and February 15)

339165 A1 - M - 12:30 p.m. - 2:30 p.m.

Fee: R \$64/ RSR \$32 / NR \$80 - Eight classes

BRIDGE - ACBL DIAMOND SERIES

Instructor: Louise Sellers

This series concentrates on the play of the hand (making a plan, promoting winners, finessing, trumping losers, etc.). The initial bidding concepts are reviewed and a few new concepts are introduced (Jacoby transfers and slam bidding).

January 11 - March 22

(No class January 18 and February 15)

339170 A1 - M - 6:30 p.m. - 9:00 p.m.

Fee: R \$90 / RSR \$45 / NR \$113 – Nine classes, plus a \$25 bridge book packet paid to the instructor on the first day of class.



VIENNA AT YOUR SERVICE

Join the Mayor for a series on "Your Town". This series of free public meetings are for citizens who wish to learn more about the operations of each of the Town's departments. Please register for each session you would like to attend. Meetings are as follows:

Vienna Presbyterian Chapel - Church and Mill Street

November 17

243379 B1 - T - 7:30 p.m. - 9:00 p.m.

History of Vienna's Development and Parks Vienna Town Hall - 127 Center St. S

January 12

243379 C1 - T - 7:30 p.m. - 9:00 p.m.

Vienna's Original Little Library - Mill St. N

March 9

243379 D1 - T - 7:30 p.m. - 9:00 p.m.

Black History and Historic Cemeteries Vienna Town Hall - 127 Center St. S

May 11

243379 E1 - T - 7:30 p.m. - 9:00 p.m.

NEW

LIGHTS, CAMERA, ACTION! BREAK A LEG!

NEW

Ages 18 and up

Instructors: Gayle Yiotis, Brian Mac Ian, Meera Narasimhan

A beginning course for adults. An introduction to the dramatic arts. Learn diction, speech acting technique for stage and film, public speaking, overcoming stage fright, background acting, character development, scene development, improvisation, the biz of the biz and how you can get into the biz. At the end of the course the students will perform a scene at the Fairfax Public Access (FPA) cable television station in Merrifield, VA. The scene will be televised on "Potluck: the anything and everything talk and entertainment TV show," which airs on FPA produced by Gayle Yiotis. No prior acting experience is necessary. Different aspects of this course will be taught by three local actors, Brian Mac Ian, Meera Narasimhan and Gayle Yiotis.

January 9 - March 13

338140 A1 - S - 12:30 p.m. - 3:00 p.m.

Fee: R \$100 / RSR \$50 / NR \$125 - Ten classes

ADULT CLASSES



NEW YEAR NEW YOU A HALF DAY WELLNESS RETREAT



with Cheryl Harlan Ed.S. Certified

Yoga Instructor & Mind/Body Mentor

Feel like you are going on a pleasant vacation with out the hassle of planning & packing! You are invited to retreat, renew, rejoice and to reap a harvest of healthy habits to integrate into your everyday lifestyle. Included in this pleasure filled retreat will be:

- musical chi gong
- yoga for energy
- breathing exercises
- body awareness.
- eating awareness
- nutritional snack
- 21 ways to handle stress from day to day
- foot massage
- deep relaxation take home routines Dress in layers & bring a yoga mat, eye cover & full bath towel

February 7

333502 A1 - S - 11:30 a.m. - 3:30 p.m.

Fee: R \$65 / NR \$81.25

HALF DAY CHILDRENS RETREAT

Ages 3 and up

Instructor: Shannon Lake

This is available only to children of people enrolled in the Wellness Retreat. Let your child have his/her own retreat while you are on yours! Activities include yoga, creative movement/dance, tumbling, games and parachute. Please dress children comfortably in athletic wear. There will be a lunch break, so please send a lunch and water. Minimum number of children needed is five.

February 7

333502 A1 - S - 11:30 a.m. - 3:30 p.m.

Fee: R \$30 / NR \$37.50

The next session of Mindfulness Based Stress Reduction will begin in early spring. Exact dates will be advertised in the Spring catalogue.

If you would like further details about this program you may register to attend one of the MBSR previews described below.

MINDFULNESS BASED STRESS REDUCTION (MBSR) OVERVIEW

A DVD Presentation with Dr. Jon Kabat-Zinn about the creation of MBSR

at the University of Massachusetts Medical Center on the occasion of the 30th anniversary celebration for The Stress Reduction Clinic at U. Mass. Medical School.

Enjoy an enlightening DVD talk by Dr Jon Kabat-Zinn, as he "goes behind the scenes" to talk about his 30 years of *personal involvement* in the creation and development of the Mindfulness Based Stress Reduction Program at the University of Massachusetts Medical Center. Dr. Kabat-Zinn shares stories about childhood events and later experiences that led him to see the need for such a program in our contemporary society. He also discusses obstacles that challenged him in bringing MBSR to a medical school environment. He mentions associates, including the Dalai Lama, and their insights into the value of the program; and shares gratitude felt by him towards the many practitioners who have used MBSR in the varied arenas in life for conquering stress, pain and discomfort in their travels towards greater realms of comfort and joy.

There will also be time prior to the DVD for friends of MBSR participants and newcomers to understand more about the MBSR Program offered at the Vienna Community Center starting in the spring.

To learn more about the original program you may visit www.umassmed.edu/cfm. ADVANCED REGISTRATION IS REQUIRED.

December 14

342575 A1-M - 10:30 a.m. - 12:30 p.m.

February 28

342575 B1 - S - 3:00 p.m. - 5:00 p.m.

No Fee

PERSONAL SAFETY FOR WOMEN

Instructor: Vienna Police Department

The principle objective of the Rape Aggression Defense (R.A.D.) program is to develop and enhance the options of self-defense, so that they may become more viable considerations to the woman whom is attacked. It offers a basic education in confrontation principles and personal defense. Thirty percent of the class will be crime prevention and risk reduction theory, defensive tactics and defense. The Rape Aggression Defense (R.A.D.) system is not for the weak at heart. Our system is specially designed for women who are willing to consider defense as an available option, in situations where their survival is in jeopardy. At the conclusion of the program the student should expect to be psychologically and physically more confident in an attack situation. Please wear loose comfortable clothing and tennis, walking, or aerobic shoes. **THIS IS A FOUR-PART CLASS. ALL SESSIONS MUST BE ATTENDED.**

February 1 - February 10

359540 A1 - M/W - 7:00 p.m. - 10:00 p.m.

Fee: R \$5 / NR \$7.50 - Four classes - Materials fee of \$15 made payable to the Vienna Police Department is due the first day of class.

ADULT CLASSES

INDOOR STROLL'N SHAPE

Instructor: Sharon Turner, ACE Certified Personal Trainer and Group Fitness Instructor

Indoor Stroll 'N Shape is a unique new exercise program for mothers and their babies **between the ages of 2-12 months**. It features a total body workout in a comfortable baby friendly environment. The workout includes interactive exercises with mom and baby using Pilates techniques. Strength and muscle conditioning is the focus using equipment which will be provided. There will be an added emphasis on regaining core strength.

Please bring a mat and towel to class.

January 13 – March 31

(No class January 27 and March 24)

303050 A1 – W - 9:30 a.m. – 10:30 a.m.

Fee: R \$120 / NR \$150 – Ten classes



KUNDALINI YOGA

Ages 16 and up

Instructor: Hari Kaur Khalsa

Kundalini Yoga combines asana (posture, breath, movement), and meditation to bring a deeper experience of the self. It also physically stimulates the immune and nervous system which may bring relief from problems such as stress and insomnia. When combined with specific asana instruction, the experience of self becomes deeper and more physical imbalances such as back pain, joint stability and muscle tension may be more readily addressed. Please bring a yoga mat and light blanket with which to cover yourself during deep relaxation.

January 7 – March 25

(No class February 25 and March 18)

333052 A1 – TH - 9:30 a.m. – 11:00 a.m.

Fee: R \$90 / NR \$113 – Ten classes

YOGA SCULPT AND STRENGTH S/C

Ages 16 and up

Instructor: Body Moves Fitness LLC

Integrate the advantages of muscle conditioning with the alignment benefits of yoga practice. Bring mind and body into harmony while toning your musculature and preserving bone density. Weight bearing positions apply correct force to muscles around the bones, promoting strength and encouraging maintenance of bone mineralization. Use breath and focus to work fully with decreased stress and injury. Please bring a mat and light hand weights (1 – 2 lbs.) to class.

January 4 – March 22

(No class January 18 and February 15)

333501 A1 – M - 7:30 p.m. – 8:30 p.m.

Fee: R \$132 / NR \$165 – Ten classes

BEGINNER YOGA-CHI S/C

Ages 16 and up

Instructor: BodyMoves Fitness LLC

This integrated, "fusion" class offers the combined benefits of yoga and Tai Chi, instructing in fundamental, age-old forms of movement patterns and postures that help you feel more invigorated, energized and balanced. These movements both relax and stimulate the body in accessible ways, addressing strength and flexibility through moving meditation. **Please bring a yoga mat to class.**

January 4 – March 22

(No class January 18 and February 15)

333501 B1 – M - 6:30 p.m. – 7:25 p.m.

Fee: R \$110 / NR \$138 – Ten classes

HATHA YOGA

Teens and Adults

Instructor: John Giunta, MA

Have fun while we gain flexibility, strength, improve concentration and achieve deeper union of body, mind and spirit with authentic yoga teachings. Dress for movement and bring a mat. John has made a pilgrimage to India, studying Vedanta and Raga yoga. He is a senior teacher with nearly 30 years of teaching experience. A published author with numerous media appearances, he is also a certified Phoenix Rising Yoga Therapist and consultant on yoga listed with George Mason University Arts Wellness. John provides his own live music for mediation at the end of the class.

Beginner

January 12 – March 16

333050 A1 – T – 7:00 p.m. – 8:30 p.m.

Fee: R \$90 / NR \$113 – Ten classes

January 11 – March 15

(No class January 18 and February 15)

333050 C1 – M – 12:30 p.m. – 1:30 p.m.

Fee: R \$48 / NR \$60 – Eight classes/ one hour

Beginner/Intermediate

January 9 – March 13

333050 B1 – S – 7:00 a.m. – 8:30 a.m.

Fee: R \$90 / NR \$113 – Ten classes

Advanced

January 7 – March 18

(No class February 25)

333051 A1 – TH – 7:00 p.m. – 8:30 p.m.

Fee: R \$90 / NR \$113 – Ten classes



ALSO SEE GENTLE YOGA ON PAGE 26

ADULT CLASSES

PILATES WITH PROPS s/c

Ages: 14 and up

Instructor: BodyMoves Fitness

Pilates with Props extends the benefits of Pilates by employing small apparatus including flex bands and sponge balls to increase the range of intensity of Pilates mat exercises. The latter weeks of class add an element of balance work through the use of the Swiss Ball. (Optional material fee in class to purchase a burst-resistant, 55cm Swiss Ball from instructor or bring your own.) **Please bring a mat to class.**

January 5 – March 23

333500 A1 – T - 12:30 p.m. – 1:30 p.m.

Fee: R \$144 / NR \$180 – Twelve classes



BEGINNING PILATES S/C

Ages: 14 and up

Instructor: BodyMoves Fitness LLC

Enjoy the numerous benefits of this popular discipline. Strengthen the torso, including the body's "powerhouse" are; enhance balance and muscle control while increasing flexibility and range of motion; develop proper body alignment, "lengthening" the spine, and connect mind to muscles using the breath and mental focus. **Please bring a mat to class.**

January 6 – March 24 (No class February 24)

333500 B1 – W - 7:00 p.m. – 8:00 p.m.

Fee: R \$132 / NR \$165 – Eleven classes

MORNING FITNESS WAKEUP s/c

Ages: 18 and up

Instructors: John Mays and Nathan Greiner (certified personal trainers)

This class is a group personal training program for adults run by certified personal trainers. Get the benefits of your own trainer at a fraction of the cost. The program runs continuously throughout the year. It is designed to promote long lasting healthy habits and reduce the effects of aging in adults. Class will incorporate:

~ Weight Training – strong bones and muscles, weight management

~ Cardiovascular (indoor / outdoor) – increase heart efficiency, weight management

~ Flexibility Training – connective tissue health

January 4 – February 1 (No class January 18)

333429 A1 – M/W/F - 6:00 a.m. – 7:00 a.m.

March 8 – April 9 (No class March 29, 31 and April 2)

333429 C1 – M/W/F - 6:00 a.m. – 7:00 a.m.

April 12 – May 7

333429 D1 – M/W/F - 6:00 a.m. – 7:00 a.m.

Fee: R \$149 / NR \$186 – Twelve classes

February 8 – March 5 (No class February 15)

333429 B1 – M/W/F - 6:00 a.m. – 7:00 a.m.

Fee: R \$136.50 / NR \$170 - Eleven classes

SHOTOKAN KARATE

Ages: 10 and up

Instructor: Mark James

Shotokan is a traditional Japanese style of karate. Typical training includes basic techniques (kihon), forms (kata) and sparring (kumite). This class is designed primarily for beginners and those with limited martial arts experience. Benefits include improved fitness and flexibility, increased confidence, better hand-eye coordination, enhanced knowledge of self-defense techniques, greater self-control and reduced stress. Additional costs will include uniforms and personal equipment. Belt, board and test fees will be required when testing to advance in rank. It is recommended that a uniform not be purchased until the student has participated in at least several classes. Initially, loose fitting clothing, such as sweatpants and a tee shirt or sweatshirt, is recommended.

January 12 – March 11

(No class February 4, 9, and 25)

333023 A1 – T/TH - 6:30 p.m. – 7:30 p.m.

Fee: R \$105 / NR \$131.25 – Fifteen classes

TAI CHI CHUAN

Instructor: Keith Harrington

Tai Chi Chuan is basically a martial art, but consists of a system of soft intrinsic exercises. It is the body controlled by the mind. It is this mind, which is actually the moving force present with every motion. All patterns and movements are composed of circles, arcs, curves, and spirals of all sizes going in all directions. Tai Chi Chuan builds good physique, as all muscles and joints are exercised. It will improve inner body health due to deep and concentrated breathing, cultivates patience and restraint, influences nervous, cardiovascular, respiratory and digestive systems and immensely improves balance, which normally deteriorates with age.

Beginner

January 11 – March 17

(No class January 18 and February 15)

333030 A1 – M/W – 7:00 am – 8:00am

Fee: R \$72/ NR \$90– Eighteen classes

Intermediate Tai Chi Drop in This is "Group Run" and FREE

January 12 – March 16

(No class February 25)

T/TH – 7:00 a.m. – 8:00 a.m.



AS OF NOVEMBER 2 THERE WILL BE NO CONVENIENCE FEE CHARGES ASSESSED TO CREDIT CARD PURCHASES.

ADULT CLASSES



TOTAL FITNESS AEROBICS – THE ULTIMATE CARDIO WORKOUT s/c

Instructor : Nina Crissey (AFAA certified with over 20 years experience)

This fun and challenging class is designed to increase cardiovascular fitness along with developing tone through muscular conditioning. This low-impact, high intensity workout is designed to meet the needs of all levels of fitness. This one-hour workout consists of 40 minutes of aerobics including stand-up toning exercises and 20 minutes of floor work concentrating on abdominal muscles and legs. Enjoy top 40, classic rock and high energy favorites while you get in great shape. Men and women are welcome. Please remember to bring a water bottle and towel or mat. For more information call Nina @ 703-255-6630 or visit www.totalfitnessvienna.com.

January 5 – April 1

(No class January.19, 21, February. 25 and March 18)

333020 A1 – T/TH - 6:00 p.m. – 7:00 p.m.

Fee: R \$220 / NR \$275 – Twenty two classes

January 9 – April 3

(No class January 23 and February. 27)

333020 C1 – S - 8:30 a.m. – 9:30 a.m.

Fee: R \$110 / NR \$137.50 – Eleven classes

ZUMBA – LATIN AEROBICS S/C

Ages 14 and up

Instructor: Lupe Rother

Zumba combines high-energy and motivating music with Latin dance and aerobics moves to create a fast-paced, effective, and fun workout. Zumba toning takes the original zumba dance fitness class to the next level utilizing an innovative muscle training protocol with the addition of light weight toning sticks or dumbbells. This Latin-inspired dance and combination of rhythms within the same songs and flavor: Latin Disco, reggaeton, cumbia, conga, hip-hop, meringue, belly dance, salsa, cha cha, and more. You don't have to be a dancer to zumba as long as you keep moving, you can't make a mistake.

January 11– March 22

(No class January 18 and February 15)

333021 A1 – M - 7:00 p.m. – 8:00 p.m.

Fee: R \$90 / NR \$112.50 – Nine classes

January 9 – March 13

(No class January 23 and February 27)

333021-B1 – S- 10:00 a.m. – 11:00 a.m.

Fee: R \$80 / NR \$100 – Eight classes

JAZZERCISE s/c

Teens and Adults

Instructor: Joan Brown

The original dance exercise phenomenon! Each 60 minute class offers a blend of jazz dance and exercise science choreographed to today's hottest music, including Top 40, jazz country, funk and classics. Easy to follow fun choreography includes a gentle warm up, 30 minute aerobic workout, muscle toning and strengthening segment with weights, and a stretch finale. To register call 703-802-1483.

M/W/F - 9:30 a.m. - 10:30 a.m.

M/W - 6:30 p.m. – 7:30 p.m.

Fee: \$42 for monthly pass;
\$10 per class for walk in.

JAZZERCISE ON THE LIGHTER SIDE s/c

Teens and Adults

Instructor: Joan Brown

Fitness that's not intimidating, just invigorating! This 60-minute class pairs moderate aerobics with exercises that are designed to improve strength, balance and flexibility using easy-to-follow movements. Whether you are a beginner, newcomer, a senior, pregnant, significantly overweight, or otherwise physically restricted, you can't go wrong with this popular light version of the original Jazzercise program. For more information Call 703-802-1483 to register.

T/TH - 5:45 p.m. - 6:45 p.m.

Fee: \$42 for monthly pass;
\$10 per class for walk in.

CARDIO BOXING S/C



Ages 16 and up

Instructor: Fee Pearson

This 45-minute calorie blasting workout uses aerobics, kicks, and punches to improve fitness. Although this class is high energy, variations are demonstrated for high and low impact. Kick, jab, and punch your way to fitness to the hottest dance music.

January 6 – February 17

333022 A1 – W – 8:15 p.m. – 9:00 p.m.

Fee: R \$77 / NR \$96.25 – Seven Classes



REGISTRATION DATES
IN-TOWN BEGINS NOVEMBER 2
OUT-OF-TOWN BEGINS NOVEMBER 9

ADULT TENNIS/SPORTS LEAGUES

INDOOR TENNIS EVERYONE! s/c

Location: Vienna Community Center Gymnasium
Whatever your level of play, you are just a few hours of FirstServe Tennis instruction away from a lifelong love of tennis! Join FirstServe Tennis Academy on court for first-rate instructional programs for players of all abilities **ages 4-adult!** Gregg Deinhart and Stephan Schlagenhauff are USPTA and Eastennis certified instructors who lead a talented staff teaching tennis in a **friendly, fun and supportive environment. Lessons By Appointment** are also available so you can set up a lesson plan that fits in your schedule. Tennis rackets are required! Contact FirstServe Tennis Academy for program, racket and equipment recommendations. Call 703-868-8172 or visit www.tenniseveryone.net for more information

Adult Classes Adult Rallyball One

Learn the fundamentals of your strokes using fun, foam rally-balls

January 6 – March 3

334040 A1 – W - 2:00 p.m. – 3:00 p.m.

Fee: R \$180 / NR \$225 - Nine classes

ADULT DROP IN PROGRAMS

Ages: 18 and up

Basketball – Mondays and Wednesdays

8:30 – 10:30pm

Volleyball – Tuesdays and Thursdays

8:30 – 10:30pm

Table Tennis – Tuesdays and Thursdays

8:30 – 10:30pm

\$3 for out of town residents – **ID REQUIRED**, gym may be closed for special events.

Please call the Community Center before you plan to arrive at 703-255-6360 to ENSURE the gym is open.

December – March (Gym closed Dec. 24, 31, Jan. 18, Feb. 15, and Feb. 24, 25)

ADULT SPORT LEAGUES

VIENNA MEN'S SOFTBALL LEAGUE

Weeknights

Ages: 18 and up

The Vienna Parks and Recreation Department is accepting registration for the 2010 Vienna Men's Softball League. A **temporary** roster and \$100 non-refundable deposit will be required at the time of registration.

Registration will be accepted on a first come first serve basis. The registration deadline is Friday February 26th.

League play will begin on Monday, April 12th, and all games will be played at Southside Park in Vienna. For a league information package, please contact Enrique Guzman at 703-255-6352 or email

eguzman@viennava.gov.

333081 A1 – Men's Softball League

Fee: \$500



SPRING COED SOFTBALL LEAGUE



Sundays

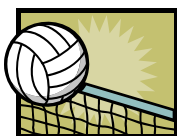
Ages: 18 and up

The Vienna Parks and Recreation Department will accept registration for the spring coed softball league. A temporary roster and a non-refundable \$100 deposit will be required at registration. Registration will be accepted on a first come first serve basis. League is limited to 12 teams. All games will be played on Sundays starting at 10:00 a.m. at Southside Park. Fees cover 10 regular season games (double-headers) umpires, two softballs per game, awards and post season play. Games will begin play April 18th. For a league package please call Enrique at 703-255-6352.

333080 A1 – Co-ed Softball League

Fee: \$450

AS OF NOVEMBER 2 THERE WILL BE NO CONVENIENCE FEE CHARGES ASSESSED TO CREDIT CARD PURCHASES.



BABY BOOMERS AND BEYOND



GENTLE YOGA AND CREATIVITY A MINI-SESSION s/c

Instructor: Cheryl Harlan, (Registered Yoga Alliance Teacher, RYT and Artist, ED.S)

This class aims to explore the connection between yoga practice and creativity. The class will focus on how to lift energy during times of lethargy, how to calm energy during times of anxiety and how to use breathing, posture, movement and massage techniques to bring your body, mind and spirit into a harmonious balance. It will make connections between wellness and creativity. Mention will be made to how techniques impact energy centers, organs and the biology of the body.

Wear comfortable clothing, bring a sticky yoga mat and eye pad.

ADVANCED REGISTRATION IS NECESSARY.

January 5, 12, 19

342475-A1- T – 9:30 a.m. – 11:00 a.m.

Fee: R \$27 / NR \$33.75 - Three Sessions



SENIOR FITNESS

Instructors: Jackie Dantano and Caroline Cakra s/c

This program will include cardio, weightlifting and stretching to aid the participants in building physical endurance, muscle strength, balance and flexibility. It will also include abdominal, leg, gluteal and stretching exercise in a chair. Participants are asked to bring a water bottle, their own hand weights and stretch bands. Exercisers are asked to take responsibility for knowing and regulating their own fitness ability. It is suggested that if you have not had a regular exercise program for a while that you consult your physician if you are concerned about starting this exercise program.

Please note: In order to attend this class you must be formally registered. All refunds from cancellation of this class will follow regular town policy as noted in the front of the catalogue. For In-Town of Vienna Residents over 65 there is no fee, however everyone must register to attend class. Please include your e-mail if you have one and an emergency contact person's name on your registration form. The class fee guarantees a minimum of 20 classes between January 12 and March 30. There is no class on Thursday, February 25.

January 12 – March 30

343730 A1 – T/TH – 11:00 a.m. – 12:00 p.m.

Fee: R No Fee / NR \$40

BREAK- IT- DOWN ZUMBA – AN INTRODUCTORY COURSE s/c

Instructor: Lupe Rother, Dancer

BREAK- IT- DOWN ZUMBA – AN INTRODUCTORY COURSE s/c

Instructor: Lupe Rother, Dancer

Is there a little bit of Exotica and Latino deep inside of you just waiting to get out? **Oooooolala!** Join us as we learn some of the most popular dance step movements including Salsa, Merengue, Rhumba, Cumbia, Samba, Raggaton, Cha, Cha, and Belly Dance. This class will be taught in a slower manner than most Zumba classes so that you can learn step-by-step how to shake those shoulders, unlock those hips, move those knees and feet in a sultry, fluid style. You will also become more aware of how proper breathing, posture and flexibility can help you to define every step you take. This an aerobic movement class where you move on your own without partners.

January 8 – February 19

333021C1- F- 11:00 a.m. – 12:00 p.m.

Fee: R \$70 / NR:\$87.50 - Seven classes

REGISTRATION DATES

IN-TOWN BEGINS NOVEMBER 2

OUT-OF-TOWN BEGINS NOVEMBER 9

**SEE PAGE 4 FOR REGISTRATION
INFORMATION AND REFUND/
CANCELLATION POLICY**

MATURE ADULTS

ABC'S FOR SENIORS (AGILITY, BALANCE, COORDINATION) s/c

Instructor: Rosemary Recca, ACE Personal Trainer

This class is for older adults who want to improve and maintain their every day activities of daily living. The class includes balance exercises, a mild cardio workout, bending, squatting and reaching exercises as well as strength training, and stretches for increased flexibility. Seniors will perform most activities in a chair, and other movements while standing (holding on to a chair or ballet bar). The class uses hand weights, exercise bands, soft balls and other exercise props all available for you during the class. However, if you have your own hand weights and would like to use them, please bring them to class. The class runs for 10 weeks.

January 6 – March 17 (No class on February 10)

342576 A1 – W – 1:30 p.m. – 2:30 p.m.

Fee: R \$70 / NR \$87.50 - Ten classes

HEART AND SOLE CHAIR EXERCISE PROGRAM s/c

Instructor: Joey Wagner, SFA Certified Group Exercise Instructor

This is a unique aerobic, strength and flexibility program of chair-assisted exercise for persons with limited mobility, arthritis, diabetes, neurological impairments, compromised balance and/or beginning exercisers! "Fun"ctional fitness that utilizes energetic, yet light hearted music, including (Broadway hits, big band, swing, oldies but goodies) will sharpen the mind, improve coordination and condition the body! This dynamic, effective program with an upper and lower body workout in a chair, helps strengthen the cardiovascular system, tone muscles, focus on posture, and increase range of motion and flexibility! Creative exercise props enhance the workout!

ADVANCED 11

Class One

January 8– March 12

342476 A1 – F – 12:30 p.m. – 1:30 p.m.

Fee: R \$75 / NR \$93.75 - Ten classes

PLAN AHEAD AND MARK YOUR CALENDAR



**10TH ANNUAL WRITING YOUR PERSONAL HISTORY SYMPOSIUM
ON THURSDAY, MAY 6, 2010 10:00 a.m. -2:00 p.m.**



**REGISTRATION WILL BEGIN FEBRUARY 1ST FOR IN-TOWN OF VIENNA RESIDENTS
AND ON FEBRUARY 8TH FOR OUT-OF-TOWNERS.**

**MORE ABOUT OUR WRITING COURSE SPRING REGISTRATION
THE NEXT REGISTRATION TIME FOR THE CLASSES LISTED BELOW ARE:
FEBRUARY 1ND FOR IN-TOWN OF VIENNA RESIDENTS & FEBRUARY 8TH FOR OUT-OF-TOWNERS.**

Create Your Own Cookbook with Personal Memories

instructed by Dianne King, Former Editor of Pillsbury Cookbooks

Foundations of Memoir Writing

instructed by Cheryl Somers Aubin, Published Writer, MA Writing

Writing Your Personal History for the More Independent Writer
has no instructor and is monitored by participants

AARP DRIVER SAFETY COURSE INFORMATION

OUR NEXT COURSE WILL BE HELD IN APRIL OR MAY 2010.

TO FIND ANOTHER LOCATION GIVING COURSES NEAR YOU CALL: 1-888-227-7669.

BABY BOOMERS AND BEYOND

FOUNDATIONS OF WRITING: THE MEMOIR s/c

Instructor: Joanne Lozar Glenn, Award-Winning Independent Writer

If you are writing a memoir – or thinking of starting one – come to this writing circle. Here, we gather to write and read our work and to respond to others' work in a safe, supportive environment. We'll learn what kind of feedback is helpful in first drafts compared to more developed drafts, and instruction will be based on participants' writing. In-class writing exercises will get the ideas flowing; writers are welcome to bring in more developed drafts for further feedback.

January 14 - February 25

342481 A1 – TH – 8:30 a.m. – 10:30 a.m. - Seven sessions

Fee: R: \$70.40 / NR \$88

DROP-IN LEGAL SEMINARS WITH DAVID HOFFMAN, J.D. WILLS, TRUSTS, ESTATES

These programs meet on Mondays between 10:00 a.m. and 11:30 a.m. No registration is necessary. Simply mark your calendar and plan on attending.

November 9

WHY GOOD WILLS GO BAD

Some wills just won't do their jobs. Is it any wonder? Shoved in drawers, locked-up in banks, pressed into the pages of dictionaries "between wile and willful, the pitiful will is all but forgotten and somehow expected to make up for non-existent financial records, uniformed children, out-of-date bequests and ever-changing tax laws. Presented for the benefit of people with wills and people without them, "Why Good Wills Go Bad" is an eye-opening 90 minutes of common sense, common errors and a common need to follow through. Topics include: a review of Virginia Will Law; organizing your assets; when to change your will; talking to your executor; reducing probate; will copies; do-it-yourself tax plans and much more.

December 14

IMPENDING DISASTER: THE NEW LAW OF WILLS AND TRUSTS

The clock is ticking. On January 1, 2011, the generous Estate Tax laws of the Bush Administration will go away. Persons who never had to worry about Estate Taxes before have to worry about them now. The solution, of course, lies with special forms of trusts. However, trust laws have also changed. In 2006, Virginia changed its trust laws. In 2007, the IRS changed its trust laws. Unless you know about all of these changes, and act accordingly, your kids could be paying hundreds of thousands of dollars in Estate Taxes – needlessly. Not to worry. "Impending Disaster" is a 90 minute presentation on what you need to know, what you need to do, and when you need to do it. So, unless you want the IRS to be your new beneficiary, you should plan to attend.



January 11

WHY GOOD WILLS GO BAD

Some wills just won't do their jobs. Is it any wonder? Shoved in drawers, locked-up in banks, pressed into the pages of dictionaries "between wile and willful, the pitiful will is all but forgotten and somehow expected to make up for non-existent financial records, uniformed children, out-of-date bequests and ever-changing tax laws. Presented for the benefit of people with wills and people without them, "Why Good Wills Go Bad" is an eye-opening 90 minutes of common sense, common errors and a common need to follow through. Topics include: a review of Virginia Will Law; organizing your assets; when to change your will; talking to your executor; reducing probate; will copies; do-it-yourself tax plans and much more.

February 8

ESTATE PLANNING MADE SIMPLE

What is the difference between a will and a trust? Who is entitled to your estate when you die? How do you estimate potential estate taxes? What is Probate? Walk into any bookstore or library, turn on the radio or search the internet and you will be overwhelmed by the complex answers to these simple questions. Why bother? Simply attend this program and learn the basics behind estate planning.

March 8

WHAT TO FEED A LIVING TRUST

You have probably heard about living trusts. Maybe you've even heard that they can avoid probate, save taxes, prevent guardianships and live on long after you're gone. But how do you make it "live" in the first place? Knowing the answer to that question can mean the difference between a perfect estate and utter chaos. This is a 90 minute lecture on the use, care and appetites of Living Trusts. "Topics include: a review of Virginia Trust Law; funding your trust; what every banker doesn't know; trusts and mortgages, record keeping; making amendments; taxes, trusts and the IRS and much more.

MATURE ADULTS

DROP-IN RECREATIONAL PROGRAMS AND ON-GOING MATURE ADULT SERVICES

The following programs have no fee and do not require advanced registration. Programs are held year round but do not meet on the holidays of 4th of July, Thanksgiving, Christmas, New Years, President Holidays, and on various other dates designated in the Town of Vienna Catalogue – see copy below.

It is the responsibility of all drop-in participants to keep catalogues handy to note when classes do not meet.

PLEASE NOTE THAT SINCE THERE IS NO FORMAL INSTRUCTOR FOR DROP-IN PROGRAMS IT IS ALWAYS ADVISEABLE FOR A GROUP LEADER TO CHECK THE FRONT DESK ROOM RESERVATION LIST ONE WEEK PRIOR TO EACH SESSION AND TO NOTIFY REGULAR DROP-IN PARTICIPANTS IF THERE HAVE BEEN ANY CLASS CANCELLATIONS.

BLOOD PRESSURE CHECKS

Second Wednesday of each month – 10:45 a.m. – 11:30 a.m.

No Reservation is required. Simply drop-in for a check-up.

Wednesday – December 9

Wednesday – January 13

Wednesday – February 10

PICKLEBALL

Mondays, Wednesday, Fridays - 11:00 a.m. – 12:30 p.m.

Pickleball is a cross between tennis and badminton. This is a fun and easy game to learn and can be played by anyone regardless of athletic ability. Come and be part of our regular group of very enthusiastic players. We have all levels of players in our groups including some Senior Olympic Pickleball Winners! No pickleball February 26.

TABLE TENNIS

Thursdays 8:00 a.m. – 9:00 a.m.

Join us for table tennis every Thursday. Individuals of all playing abilities are welcome. This group is an on-going activity and run by group members.

CANASTA

Tuesdays 1:00 p.m. – 4:00 p.m.

Canasta is a card game in which four people play in fixed partners opposite each other. Two 52 card standard packs plus 4 jokers are shuffled together to make a 108 card pack. There is no formal instructor but there will be seasoned players willing to help others and coordinate the class. **The last Tuesday of the month is focused on supporting newcomers.**

MAH JONGG

Thursdays - 1:00 p.m. – 4:00 p.m.

Come out and make new friends as you play the game of Mah Jongg. Mah-Jongg was first played by the ruling class of china and dated back to the time of Confucius. This game was introduced into the United States back in 1920. There is no formal instruction however regular players are glad to tutor new players to understand the game. There is no fee. All abilities are welcome. **The last Tuesday of the month is focused on supporting newcomers.**

DOMINOES DAY

Fridays - 1:00 p.m. – 4:00 p.m.

Come out and play dominoes with other friendly folks who enjoy the game. We meet in the senior lounge.



NOTE:

NO CLASSES WILL MEET ON THE FOLLOWING HOLIDAYS

November 26, December 24, 25, January 1, 18 and February 15.

CLUBS AND ASSOCIATIONS - The Vienna Community Center hosts the following activities for Mature Adults. Kindly call the group coordinator for specific details about membership and events.

AMERICAN ASSOCIATIONS OF RETIRED PERSONS (AARP)

Group Coordinator: Deborah Brehony - 703-938-4306

AARP holds a luncheon the first Monday of each month and a business meeting the third Monday of each month at 12:30 p.m. in The Vienna Community Center Auditorium.

NATIONAL ASSOCIATION OF RETIRED FEDERAL EMPLOYEES (NARFE)

Group Coordinator: Kathy R. Arpa – 703-205-9041

NARFE meets the second Tuesday of the month at 1:30 p.m. in The Community Center Auditorium.

50-90 CLUB

Group Coordinator: Paul Schmitt - 703-255-4743

This group meets the third Saturday of each month for dinner and a special program at 5:00 p.m.

THE VIENNA SENIORS BRIDGE CLUB

Group Coordinator: Richard Laporte – 703-204-4508

Intermediate and advanced bridge players are invited to attend our gatherings on Wednesdays at 10:30 a.m.– 2:00 p.m. for bridge. There are refreshments and a lunch break at about noon.

ABOUT OUR PARKS



BRANCH ROAD TOT LOT

Located at the intersection of Locust Street and Branch Road, SE. This park has playground equipment for children ages 2-5. There are no restrooms at this park.

GLYNDON PARK

Located on the north side of Maple Avenue on Glyndon St. It has two lighted tennis courts, a basketball court, ballfield, picnic areas with pavilions, playground equipment and restrooms. The park pavilion may be reserved for picnics by contacting the Community Center. See reservation fees.

MEADOW LANE PARK

Located on the corner of Meadow Lane, Ware St and Courthouse Rd. This park has two lighted tennis courts, a basketball court, ball fields, playground equipment, restrooms and pavilions. The park pavilion may be reserved for picnics by contacting the Community Center. See reservation fees below.

MOOREFIELD PARK

Located at 700 Courthouse Road adjacent to Nottoway Park. There is on-site parking with walking trails connecting to Nottoway Park. This is also the site of Vienna Dog Park.

NORTHSIDE PARK

Located at the end of Glyndon Street on the north side of Maple Avenue. The park is a slice of undisturbed woodland with winding trails. A hiker and biker connector boardwalk was completed in winter 2008. No restrooms.

PETERSON LANE PARK

Located on Malcolm Rd. NW and is jointly operated and owned by the Town of Vienna and Fairfax County Park Authority. This park has playground equipment, a basketball court, open fields and walkways. No Restrooms.

SARAH WALKER MERCER PARK

Located at the corner of Nutley and Knoll St NW. This is a neighborhood park with walking paths, seating areas and an abundance of plant material. The park has the Town's first rain garden.

SOUTHSIDE PARK

Located on Ross Drive and is the site of Babe Ruth baseball, men's slow pitch, coed softball and youth football games. Playground equipment, sand volleyball court and basketball court are also available at this park.

VIENNA DOG PARK

Located at 700 Courthouse Road. This off-leash dog park is situated in Moorefield Park. The fenced 90 x 150 area is shaded with on-site water. Owners and dogs must follow posted rules and regulations. Dogs must be licensed by the Town of Vienna or Fairfax County. The park is open dawn to dusk. Please follow all rules and pick up after your dogs.

VIENNA TOWN GREEN

Located at 144 Maple Avenue East. Our newest park is in the Town center and is home to the Town Green Performance Series. The Town Green includes a plaza, lawn area, amphitheater, seating and picnic areas, restrooms and parking. The park has Wifi on site.

WILDWOOD AND STREAM VALLEY PARKS

A linear stream buffer park with a combination of asphalt, woodchip and natural trails.

SHELTER FEES

**Reservations are taken for Glyndon and Meadow Lane Park Beginning March 1, 2010
Shelters available beginning in April.**

Phone or In person reservations will be taken between the hours of

8:00 a.m. - 4:30 p.m. Monday - Friday.

Shelters are available for groups up to 75 people.

Town of Vienna Groups - \$25 for 5 hours

Out of Town - \$50 for 5 hours

Bathroom Refundable Key Deposit - \$25

Electricity Fee - \$25

Fairfax County Park Authority (703-246-5700) and Northern Virginia Regional Park Authority (703-352-5900) also have park shelters.

REGISTRATION FORM

VCC USE ONLY - DATE: _____

REGISTRATION ACCEPTED BY: _____

TOWN OF VIENNA PARKS AND RECREATION
120 CHERRY ST. SE
VIENNA, VA 22180
PH: 703-255-6360 / FAX: 703-255-6399
www.viennava.gov

10/09

CHECK ONE: Resident _____
Non Resident _____
CHANGE OF ADDRESS: Yes _____ No _____
EMAIL ADDRESS CHANGE: Yes _____ No _____

ONE HOUSEHOLD PER REGISTRATION FORM

HEAD OF HOUSEHOLD LAST NAME: _____ FIRST NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

HOME PHONE: (____) _____ WORK PHONE: (____) _____

CELL: (____) _____ EMAIL ADDRESS: _____

EMERGENCY CONTACT: _____ EMERGENCY PHONE NUMBER: (____) _____

PARTICIPANT NAME FIRST/LAST NAME	BIRTH DATE	M/F	ACTIVITY NUMBER AND SECTION (222222 A1)	ACTIVITY NAME	FEE
SAM SAMPLE	1/2/03	M	222222 B1	GYMNASTICS	\$32

PAYMENT METHOD

CHECKS MADE PAYABLE TO: TOWN OF VIENNA

Total: _____

CASH (EXACT CHANGE ONLY)

Total: _____

CREDIT CARD:

Total: _____

AMERICAN EXPRESS _____ Exp date: ____/____/____

DISCOVER _____ Exp date: ____/____/____

MASTER CARD _____ Exp date: ____/____/____

VISA _____ Exp date: ____/____/____

SIGNATURE: _____

(I AGREE TO PAY ABOVE CREDIT CARD TOTAL)

Total Fees: _____

Less Household
Credit: _____

Total Paid: _____

**PLEASE REVIEW OUR
REFUND POLICY BEFORE
REGISTERING FOR CLASS.**

In consideration of the registrant being granted permission by the Town of Vienna, Virginia to participate in this program & associated activities, I hereby release the Town of Vienna, Virginia & its officers, employees, agents, & volunteers from any & all liability relating to or arising out of the registrant's participation. The Town neither endorses nor provides any financial advice or counseling and financial counselors and/or lecturers are not employed by the Town. Any registrant to a financial counseling seminar or lecture assumes all risk of loss as a result of following any lecturer's advice. I authorize the Town of Vienna and its officials, employees, agents & volunteers, at any such person's discretion to administer emergency first aid treatment & at my expense to obtain the services of a physician(s) and/or rescue squad & authorize the same to effect such treatment of the registrant as they deem advisable. Participants in activities sponsored or cosponsored by the Park and Recreation Department consent to the department's use of any photograph, in film or videotape of the activity in any marketing or promotional materials.

SIGNATURE OF PARTICIPANT, PARENT, GUARDIAN _____ DATE: _____

NEW



NEW



HIGH SCHOOL TEAM TRYOUT PREP

Ages 14 - 18

Gregg Deinhart and Stephan Schlagenhauff are USPTA and Easitennis certified instructors who lead a talented staff teaching tennis

Trying out for the high school tennis team? Be prepared to handle the tough winter weather by joining our High School Team Tryout Prep. We will play outdoors (in weather over 45 degrees) and help you get acclimated for the difficult High School tryout weather.

January 20 - February 20

314041 A1 - W - 4:00 p.m. - 5:15 p.m. and Saturday - 12:00 p.m. - 1:15 p.m.

UPCOMING EVENTS

November 14 - Vienna Women's Club Harvest Bazaar

November 14 - Bowman House Arts and Crafts Center Pottery Show and Sale

November 21 - Open Mic Night

November 30 - Church St. Stroll

December 12 - Lunch With Santa

December 13 - United States Army Band Concert Trip

January 9 - Kennedy Center Trip - "Young Frankenstein"

January 22, 23, 29, 30, 31, February 5 and 6 - Vienna Theatre Company Presents "Colder Than Here"

February 22 - Annapolis Bluegrass Concert

February 26, 27, 28 - Antiques Show and Sale

March 3 - Philadelphia Flower Show Trip

March 18, 19, 20, 21 - Photo Contest and Exhibit (Entries accepted March 18 and 19 / Show is March 20 and 21)

